









THE
INDIAN VEGETABLE
FAMILY INSTRUCTOR:

CONTAINING
THE NAMES AND DESCRIPTIONS OF ALL THE MOST
USEFUL HERBS AND PLANTS THAT GROW
IN THIS COUNTRY, WITH THEIR MED-
ICINAL QUALITIES ANNEXED.

ALSO
A TREATISE
On many of the Lingular Diseases to which Man-
kind are subject, with new and plain arguments
respecting the management of the same,

WITH A LARGE LIST OF RECIPES,
Which have been carefully selected from Indian
prescriptions and from those very persons who
were cured by the same after every other
remedy had failed.

DESIGNED FOR THE USE OF FAMILIES IN THE
UNITED STATES.

BY PIERPONT F. BOWKER.

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PREFACE.

FEW books of this nature have appeared before the public, and the author's conviction of their utility alone prompts him to this work on the subject of physical knowledge. He has endeavored to state the true nature and virtue of each vegetable, according to the best of his knowledge and experience. He has also been at great expense for information from those very persons who, like himself, have suffered under obstinate diseases, which baffled the skill of the most eminent physicians, and were finally relieved from their suffering by simple vegetable medicine. A great share of our happiness depends on our health. How important then must it be to all to possess themselves with a book whereby they may become their own physicians, or at least be able to remedy some of those lingering diseases which often elude the skill of the most learned of the old school. The writer of this little volume has seen the time when he would freely have given all he possessed to find

a remedy for a complication of diseases which were fast preying on his constitution. It is a strong motive that impels the writer to the execution of the work. It is no less than universal philanthropy to mankind. Truth at all times will meet the animadversions of the self-interested; but he has the pleasing reflection left that the materials here collected may be useful and serviceable to all. The undertaking is ardent. It comes from the bottom of his soul. Inspired with the thought that he bestows on mankind a jewel of unprecedented worth, he perseveres in the undertaking. The truth he has to record is sufficient to embellish the work, and determined to adhere to that alone, the writer flatters himself with sure success. It is all useful instruction. This is the nature and intention of the work.—Respected readers, I commit this to your attention, notwithstanding the errors to which it may be subject. Should it meet your general approbation, my labors will be crowned with success, and my most sanguine expectations realized. I could write volumes on the subject, but the restrictions of a plain vocabulary prevent me from expressing my views in so becoming a manner as I should wish. But, O, for the sake of mercy, the brightest attribute of the Deity, may a plain view of this subject find the

tender avenues of your sensibility, and plead in its behalf; may the unerring Fountain of Wisdom, guide us in the path of duty, and leave us the pleasing consolation that we shall one day meet the great Physician above, who has left us in full possession of all that our natures require, and above all the best of advice, if we would but follow the prescriptions of nature, instead of cherishing a theory which, nine times out of ten, is sure to bite the fingers of those who feed it. Respected readers, these are my views on the subject to which I have called your attention. I leave them with you.





A TABLE,

Giving the names, as also where you may find the descriptions of all the herbs and plants contained in this book with their medicinal qualities annexed.

Violets, the blows	*1
Dwarf Elder, the berries	2
Dog Acna	3
Running Hemlock	4
Holly	5
Jill grow over the ground	6
Juniper Bush	7
Germander	8
Loose-stripe or Willow Herb	9
Lavender Cotton	10
Rattle Grass	11
Buck's Horn	12
Master Wort	13
Mosses	14
Marigolds	15
Oats	16
Prim Roses	17
Star Thistle	18
Shepherd's Purse or Case Wort	19

† The figures refer to the number of the description, and not to the pages.

Dogs Grass or Couch Grass	20
Wood Sorrel	21
Blackberry Briar, the roots	22
Lemon Balm	23
Five Finger Leaf	24
Creepers, the Seeds	25
Lavender	26
Sweet Balm	27
Blue Flag, the roots	28
Black Alder, the bark	29
Low Mallows	30
Prince's Feather	31
River Willow	32
Hops	33
Poplar	34
Oak of Jerusalem	35
Bitter Sweet	36
Barberry	37
Mustard	38
Chocolate Root	39
Camomile	40
Colt's Foot	41
Pennyroyal	42
Snake Root	43
Hoarhound	44
Black Birch	45
Bitter Thistle	46
Noble Liverwort	47
Shin Leaf	48
Blood Weed	49
Birth Wort	50
Bayberry	51
Maidenhair	52

CONTENTS.

ix

Peach Tree	53
Rattlesnake Plantain	54
<i>Orchis Habernaria</i>	55
Parsley	56
Comfrey	57
Hollyhock	58
Ginger	59
Bloodroot	60
Sage	61
Slippery Elm	62
Cherry Tree Bark	63
King's Evil Weed	64
Rattle Snake Root	65
Spikenard	66
Indian Milkweed, sometimes called Bitterroot	67
Female Flower	68
Fever Bush	69
Wild Turnip or Wake Robin Root	70
Balm of Gilead	71
Archangel	72
Tanzy	73
Lung Wort	74
Snake's Head, sometimes called Brook Aloes	75
Meadow Fern	76
Golden Rod	77
Red Raspberries	78
White Pond Lilies	79
Ladies' Smock or Cuckoo Flower	80
Gout Wort or Herb Gerrard	81
Eyebright	82
Endive	83
Goosberry Bush	84
Queen of the Meadow	85

Seneca Snakeroot	86
Wild Cinnamon or Liquorice	87
High Deerweed	88
Bitter Quassia	89
Spotted Cardis	90
Calimint or Mountain Mint	91
Avens, called also Cole Wort and Herb Bonet	92
Wood Betony	93
Tompena or Hensfoot	94
Samphire	95
Marsh Mallows	96
Common Agrimony, <i>Eupatory</i>	97
Dandelion	98
Indian Umbil, called also Ladies' Slipper, Nervine, &c.	99
The inner Bark of Hemlock	100
Butternut	101
Pipsisway or Wintergreen	102
Thorough Wort	103
Mullein	104
Celandine	105
Clivers	106
Strawberries, the Leaves	107
Sweet Sicily	108
Mouse Ear or Puddle Weed	109
Melilot or Seneca Clover	110
Sassafras	111
Plantain	112
Heart's Ease	113
Yellow Dock	114
Evergreen Plant, or Wild Lettuce	115
Marsh Rosemary	116
Mountain Ash	117

Nettle Root	118
Garlics	119
Jacob's Ladder	120
White Pine Bark	121
Garget	122
House Leek	123
Common Arrowhead	124
Gold Thread	125
Yarrow, or Thousand Leaf	126
Meadow Saffron, <i>Colchicum</i>	127
Fragrant Water Lily	128
Mother Wort	129
Wild Cherry	130
Checkerberries	131
Round Leaved Wintergreen	132
Umbelled Wintergreen	133
Sweet Firm	134
Solomon Seal	135
Convulsion Roots	136
White Birch	137
Carrots	138
Canker Root or Cold Water Root	139
Currants	140
Sweet Elder	141
Catmint, or Catnip	142
Spearmint	143
Squaw Weed, or Cocash	144
Summer Savory	145
Peppermint	146
Burdock	147
Genseng	148
Red Beach	149
Crow Foot or Buttercup	150

Crane's Bill	151
Witch Hazle	152
Hawk Weed	153
Consumption Weed	154
Sarsaparilla	155
Vervine	156
Hyssop	157
Burnet	158
Garden Pinks	159
Red Rose	160
Piony, the Roots	161
Spider Blows	162
Red Clover	163
Saffron	164
Ladies' Thistle	165
Maple Tree	166
Earth Chestnuts or Groundnuts	167
Cinquefoil or Five-fingered Grass	168
Pusley	169
Caraway	170
Lovage	171
Knot Grass	172
Lettuce	173
Liver Wort	174
White Maiden Hair	175
Golden Maiden Hair	176
Herb True Love, or One Berry	177
Nail Wort, or Whitlow Grass	178
Flower de Luce, or Velvet Flower, <i>Amaranthus</i>	179
Fox Gloves	180
Featherfew, or Feverfew	181

FAMILY INSTRUCTOR.

SPRING.

Now comes the soft season of buds and of bowers,
The opening of bells and the blooming of flowers,
The hill-tops and meadows are verdant and gay,
O this is the month, the fair blooming May.
See yonder she comes with a wreath on her brow,
How grateful and gay is a glance at her now;
Fair sunshine 's her mantle, it dazzles the eye,
Her vestments are bright as the heavenly sky.
O'er the wide peopled earth she is every where seen,
With a foliage of lively and beautiful green,
She invites the fair damsel there heedlessly stray,
And follow the florist along the smooth way.
Learn the true use of herbs, of trees, and of flowers,
'Then wander afar, for wide are her bowers,
And easy the task and more useful than wealth,
'T is earth's sweetest treasure, the sure way to health.

VEGETATION is now springing forth; it is the season of sunshine and showers; sweet spring, like a herald from heaven, invites our footsteps abroad over the green fields that surround our native dwellings. If you have a leisure hour,

employ it in minutely searching God's works. Cull medicine and prepare it ready against sickness and distress. Say not I have none, for sickness will surely come. Our fields abound with vegetable medicine, and the fertile meadows, the witness of your labor, produce many, yes, very many, a valuable root. It is now the season of complaint. Jaundice and universal weakness of the whole system is common. The remedy is simple and easy. Expense is out of the question entirely. Roots and herbs are at the command of every one, and nature's prescriptions are all free gratis. She demands not your money for her services, but like a kind patron and friend invites you to partake of her blessings, and her only reward is to come and taste more. There is no excuse for you to lay and suffer if you are sick. No; this physician is kind and charitable. The rich and poor may share the blessing alike. Equality and equal rights is the motto. Very little trouble when you are well will procure a store of medicine against the day you may become diseased. But I have insensibly deviated from the path I was tracing. Return again to spring. If you are in the habit of being unwell about this time, all you have to do is to cleanse and promote a free circulation of the blood. This may easily be done. Root beers and vegetable bitters are simple and easy medicines. These are the cheapest and best restoratives to human nature ever known. An enlightened and civilized republic, it is hoped, will shortly see the day when the bands

of thralldom to apothecary medicine will be loosed, and like the shackles of royalty that would fain encumber our liberty, sleep with the dust of ages or remain to dupe mortals of another country with its oppression. America! the land of the free! may thy name and nature accord in golden harmony together.

1. *Violets—the Blows.*

These are pretty garden flowers, sometimes called Ladies' Delights, and well known to the florist. They are of a mucilaginous nature and good in canker and strengthening to the stomach; they are also good in syrups.

2. *Dwarf Elder—the Berries.*

This elder grows chiefly in pastures and is commonly found in plenty among raspberry bushes. The stalk runs up high, with several small berries on the top, resembling whortle berries. They are good for all rheumatic complaints, dropsy, and swollen limbs. Steep the berries in spirit, and take it before eating in small doses.

3. *Dog Acna.*

This bush grows commonly in wet places, and is covered with a smooth, speckled bark, of light and dark green. It branches out very much like dog wood. The bark of this made into a tea and used as a wash, is good for canker.

4. *Running Hemlock.*

This is a little bush that grows wild in the woods, of a light green color and has a small red berry. These berries are good for a weak stomach; the bush is good boiled in water, to cure swollen limbs.

5. *Holly.*

These bushes grow in most places near the sea shore, by the sides of roads and hedges. The leaf resembles that of an oak, except it is prickly. This shrub has small black berries. The bark and berries are astringent and tonic.

6. *Jill Grow Over the Ground.*

This is a common herb, found in door-yards, and by the sides of the roads. It is a small running vine, resembling Low Mallows, except the leaf is smaller. This taken green and pounded up, is good applied to a fresh wound, or where humors prevail. It is also the best thing known in the world to correct female irregularities.

7. *Juniper Bush.*

To give a description of a bush so commonly known, is needless. The berries do not ripen the first year, but continue green two summers and one winter, before they are ripe, at which time they are of a black color, and therefore green berries are always to be found upon the bush. The berries are ripe about the falling of

the leaf. This admirable solar shrub is rarely to be paralleled for its virtues. The berries are hot in the third degree, and dry ; but in the first, being a most admirable counter-poison, and as great a resister of the pestilence as any thing that grows. They are excellent for the biting of venomous beasts ; they provoke urine exceedingly, and therefore are very available in dysuries and stranguaries. It is so powerful a remedy in the dropsy, that the very ley made of the ashes of the herb, and drank, cures the disease. They strengthen the stomach exceedingly and expel the wind ; indeed there is scarce a better remedy for wind in any part of the body, or the cholic, than the chemical oil drawn from the berries. Such people as know not how to extract this oil, may content themselves by eating ten or a dozen of the ripe berries every morning, fasting. They are good for a cough, shortness of breath, and consumption ; they fortify the eye sight by strengthening the optic nerves. The ashes of the wood are especially beneficial to such as have the scurvy, to rub their gums with. The berries stop all fluxes, help the hæmorrhoids, or piles, destroy worms in children, procure a lost appetite, and is good for palsies and falling sickness.

8. *Germander.*

Common Germander shoots forth a number of stalks, with small and somewhat round leaves, dented about the edges. The flowers stand at the tops, of a deep purple color. The roots are

composed of divers sprigs, which shoot forth, round about, quickly overspreading the ground. It grows usually in gardens, and flowers in June and July. This herb is considered to strengthen the brain and apprehension exceedingly. This taken with honey is a remedy for coughs, hardness of the spleen, and difficulty of urine, and helps those that are fallen into a dropsy, especially at the beginning of the disease. It is most effectual against the poison of all serpents, being drank in wine; and the bruised herb outwardly applied, used with honey, cleanses old and foul ulcers. It is good in all diseases of the brain, as continual headache, falling sickness, melancholy, drowsiness and dullness of the spirits, convulsions and palsies. One drachm of the seeds taken in powder will purge by urine, and is good for the yellow jaundice.

9. *Loose Stripe, or Willow Herb.*

The most common kind is called Yellow Loose Stripe. It grows to be four or five feet high or more, with large round stalks, a little crested, and diversely branched from the middle of them to the top into great and long branches. At all the joints there grows long and narrow leaves, but broader below, and usually two at a joint, yet sometimes more, something like willow leaves, smooth on the edges, and of a fair green color. From the upper joints of the branches, and at the tops of them, also stand yellow flowers, of five leaves each, with yellow threads in the middle, which turn into small

round heads containing small cornered seeds, The root creeps under ground like couch grass roots, but larger, and shoots up every spring, brownish heads, which afterwards grow up into stalks; it has neither scent nor taste, but is astringent. It grows in moist meadows, and by the side of water. This is good for all manner of bleeding at the mouth and nose, and all fluxes, either to drink, or taken by clyster. It is also good for green wounds to stop the bleeding, and quickly close together the lips of the wound. The juice of the herb is used in gargles, for sore mouths.

10. *Lavender Cotton.*

This being a common garden herb, I shall forbear the description; only that it flowers in June and July. It resists poison, putrefaction, and heals the bites of venomous beasts. A drachm of the powder of the dried leaves, taken every morning, fasting, stops the running of the reins in men, and whites in women. The seed being pounded into powder, and taken as worm-seed, kills worms, not only in children, but also in people of riper years. The herb itself has the same effect, but is not so powerful as the seed.

11. *Rattle Grass.*

Of this there are two kinds, which I shall speak of, viz. the red and yellow; the common red rattle has a number of reddish hollow stalks, and sometimes green, starting from the root, ly-

ing for the most part on the ground, some growing more upright, with many small reddish or green leaves, set on both sides of a middle rib finely dented about the edges. The flowers stand at the tops of the stalks, and are of a fine purple red color, like small gaping hoods, after these come dark brown seeds in small husks, which lying loose therein, rattle when shaken; the roots consist of two or three small whitish strings, with some fibres. The Yellow Rattle has seldom above one round large stalk, rising from the root, about half a yard or two feet high, with but few branches on it, having two long and somewhat broad leaves, set at a joint, deeply cut in on the edges, resembling the comb of a cock; broadest next the stalks, and smaller at the end. The flowers grow at the tops of the stalks, with some shorter leaves with them, hooded after the same manner that the others are, but of a fair yellow color, or in some they are rather pale. The seed is contained in a large husk, and when ripe, will rattle or make a noise, being loose in the husk. The root is small and slender, perishing every year;—they grow in meadows and woods, where the land is wet, generally; their virtues are very much alike; the herb boiled with beans, and some honey put thereto, and drank, is good for a cough, as also for dimness of sight.

12. *Buck's Horn.*

They have many small and weak straggling branches trailing here and there upon the

ground; it has a large share of leaves, small, jagged, very much like Buckshorn Plantain, but smaller, and not so hairy; the flowers grow among the leaves in small rough whitish clusters; the seeds are smaller and brownish, of a bitter taste; they grow in barren sandy grounds, and flower and seed when the other plantains do. The virtues are very much the same as Buckshorn Plantain; the leaves being bruised, and applied to a cut or wound of any kind, stops bleeding,

13. *Master Wort.*

Common Master Wort has a great many stalks of winged leaves, divided into sundry parts, generally with three standing together, with a small foot stalk on both sides of the greater, also three at the end of the stalk, somewhat broad, and cut in on the edges into three or more divisions, all of them dented about the brims, resembling the leaves of Angelica, of a dark green, only they grow nearer the ground and have full as many stalks, among which rise up two or three short slender stalks, about two feet high, with such leaves at the joints as grow below, but with less divisions, bearing umbels of white flowers, and after them small, flat, thin, blackish seeds; the root grows rather sideways than deep in the ground, shooting forth heads, of a sharp biting taste, which are the hottest parts of the plant; and the seed next to it is rather blackish on the outside, and has a good smell; this flowers and seeds about

the end of August; the root of this is hotter than pepper, and very good in diseases of the stomach and bowels, dissolving very powerfully upwards and downwards; it is good in wine, for all cold rheums, shortness of breath, and distillation upon the lungs; it is also good for the cramp and dropsy. The best way is to take the distilled water from the herb and root. It is also very good for the gout.

14. *Mosses.*

I shall not trouble the reader with a description of all these, but treat of two kinds, Ground Moss, and Tree Moss; these are very well known. The Ground Moss grows in moist wood lands, and at the bottom of hills, in boggy grounds, and shadowy ditches, and many other places. Tree Moss grows only on trees. The Ground Moss, bruised and boiled in water, will ease all inflammations and pains coming of a hot cause. Tree Mosses are of a cooling nature, and partake of a mollifying digesting quality. The powder of this taken in drink, is good for the dropsy; it is also good to strengthen the sinews, and with oil of roses, will cure the head ache.

15. *Marigolds.*

These are so well known and plentiful in every garden, that they need no description. They blow all summer, and if kept warm, sometimes flower in the winter. They are very strengthening to the heart, and will, in case of the measles

and small pox, answer in room of saffron; the juice of the leaves, mixed with vinegar, and used as a bath, will ease hot swellings. The flowers, either green or dried, made into a drink, are good for the spirits, and a plaster made of the dry flowers in powder, with hog's lard, rosin, and turpentine, applied to the breast, strengthens the heart in fevers, even if pestilential

16. *Oats.*

These are too well known to need a description. These fried with bay salt, and applied to the sides, take away pains, and ease wind in the belly. These, with other things, are also good for the itch and leprosy. The meal of oats, boiled with vinegar, and applied, will take away freckles and spots on the face and other parts of the body.

17. *Primroses.*

These are too well known to need a description. Of the leaves is made the finest salve to heal wounds ever known, as will hereafter be shown in the Recipes.

18. *Star Thistle.*

The common Star Thistle has many leaves, lying next the ground, cut deeply on the edges, in many parts. The leaves are green, soft and woolly, among which rise up weak stalks, parted into several branches, which all lay on the ground; it has leaves at the top, where stands

small whitish green heads set with white sharp prickles; no other part of the plant is prickly; out of the middle rises the flowers, composed of many small reddish purple threads; the root is small long and woody. The root of this, in powder, given in wine, is good against the plague; and the distilled water being drank, is good to open obstructions of the liver, and cleanse the blood from humors.

19. *Shepherd's Purse, or Case Wort.*

The root is small, and white; dies every year; the leaves are small and long, of a pale green color, and deeply cut in, on each side, from which spring up a stalk which is small and round, containing upon it leaves even to the top; the flowers are white, and very small; after them come little cases, which hold the seed, which are flat, almost in the form of a heart; it generally grows in moist ground, in pine woods, and sometimes by the edges of swamps; they blossom all summer, and some of them are so fruitful that they flower twice a year. This herb is of a binding nature; it helps all fluxes of blood, either caused by inward or outward wounds; it is an excellent remedy for those persons who spit blood, and have blood mixed with their water as it passes from them. It is used for the jaundice, by binding it to the wrist, and to the soles of the feet; the herb made into a poultice, helps inflammations and St. Anthony's fire.

20. *Dog's Grass, or Couch Grass.*

This grass creeps about far under ground, with long, white, jointed roots, and small fibres at almost every joint; the root and branch are very sweet in taste; the roots interlace each other, from which start up a number of fair grassy leaves, small at the ends, and sharp on the edges; the stalks are jointed like corn. It has also a large spiked head, with long husks in it, and hard, rough seeds. If this description falls short of the intended object, watch the dogs when they are sick, and they will quickly lead you to it. This grass, I believe, grows very common in old ploughed fields, to the no small trouble of husbandmen, as also the gardeners, in gardens, to weed it out (if they can,) for it is a constant customer to the place it gets footing in. This is the most medicinal of all the quick grasses. Being boiled and drank, it opens obstructions of the liver and gall, and the stopping of urine. It is good for all griping pains, and inflammations; the roots bruised and applied will consolidate wounds; the seeds are good to stop vomiting; the distilled water alone or with a little wormwood, kills worms in children.

21. *Wood Sorrel.*

This is very well known; having small leaves coming from the root, of a yellowish green color, and very sour, the juice of which will turn red when clarified; the roots are nothing but small strings. This is good for all inflamma-

tions, to quench thirst, and strengthen a weak stomach, restore a lost appetite, and stop vomiting.

22. *Blackberry Brier,—the roots.*

These bushes grow common, by the sides of walls, and about fences and hedges, and is too common to need any further description. The roots of this, with other things, are a sure cure for the canker in the mouths of children. The root, made into a tea, is also good for dysentery.

23. *Lemon Balm.*

This herb grows chiefly in gardens, and is of a cooling nature; it grows from the height of six to eighteen inches, has a very odoriferous smell, and is good in fevers and inflammations.

24. *Five Finger,—the Leaf.*

This is a species of strawberry, and grows common in mowing lands; it runs on the ground, with a long vine, the leaves are smaller than that of a strawberry leaf, and grow five in a bunch. These leaves, made into a tea, are very cooling, and good in a fever.

25. *Creepers,—the Seeds.*

This vine, I presume, is generally known; it is of a creeping nature, and climbs along fences and hedges, and affords a pleasing shade for windows; it has a large prickly bud, the seeds of this, dried and made into a tea, will cure the

cholic, and has been known to answer this purpose, when every thing else has failed, and the disease has baffled all other medicine.

26. *Lavender.*

This herb grows chiefly in gardens, and sends forth a very odoriferous smell, and is an excellent perfume. The oil of this, with other things, is good to supple shrunk sinews and stiff joints, being very powerful; it is also good for cramp in the stomach.

27. *Sweet Balm.*

This is a well known garden herb, of a savory taste and smell; it grows high, and has on the top a pretty red blow; this dried and made into a tea, is good in a fever, and very cooling.

28. *Blue Flags,—the Roots.*

These flags grow chiefly in gardens, and have a handsome blue blossom. The roots of these flags, with other things, are an excellent cure for felons; the roots are made into a salve, as will hereafter be found in the list of Recipes.

29. *Black Alder,—the Bark.*

The bark of this well known shrub or bush is good made into a syrup, for those troubled with indigestion; it is also good in spring beers, for jaundice complaints, &c.; the tags of this, made into a salve, is good to cure swellings that come of themselves.

30. *Low Mallows.*

This herb is very common, growing in door yards and round buildings, having a small delicate white blossom; it is not, however, useless, being good to cure dysentery, and is excellent in salves and ointments.

31. *Prince's Feather.*

This is a garden weed, and retains its form and color when dried; it grows sometimes very high, with a bushy top of beautiful red; it is said to be good for the nose bleed.

32. *River Willow.*

This is a very common bush or shrub, generally growing near some brook or river; it has a yellowish stalk, from four to ten feet high, with a long narrow leaf, of a lightish green. It has a long cluster of roots, the bark of which, steeped in spirit, is good for a cough and other consumptive complaints.

33. *Hops.*

This plant is so universally known as to render a description useless. It refuses poor, dry soil; the yellow dust of this, with other things, are a good preventive of all bilious fevers, makes a healthy bitter, and is a fine thing in beers and syrups.

34. *Poplar.*

This is quite common, and derives its name from the motion of its leaves, which are in a

continual state of agitation, like the populace. There are several kinds of this, which grow in this country, two of which are used as a medicine, the white and stinking Poplar; the latter is the best, because it is most bitter. The limbs are brittle, the inner bark of which only being fit for use, should be carefully preserved, and pounded fine; made into a tea, it is good to restore digestion, or for a relax and headache. It is a fine thing for a weak stomach, and several other complaints caused by indigestion; it is good for all urinary obstructions and weakness; those who are consumptive, will find this a great relief to that lingering and slow complaint.

35. *Oak of Jerusalem.*

This herb is common; it grows in gardens and round buildings, and may be known by its taste, for it is bitter even to a proverb. It is of a sweating nature, and if drank of freely will throw off fevers at first attack, and frequently prevent colds; it is also good in syrups. This weed is very healthy, and useful as a medicine, and may be administered with good success.

36. *Bitter Sweet.*

This is a valuable and useful medicine. It is found on wet low land, on the banks of rivers, &c.; it is of a climbing nature; the top or vine runs on bushes, and creeps along the ground. The root is of a reddish yellow, the bark of which with other things, I shall hereafter describe, are an excellent ointment for external application.

37. *Barberry.*

This is a well known shrub, producing red berries, of an acid taste. The bark is very useful ; it is good for a sore mouth in children, and made into tea, is a fine thing in many other cases.

38. *Mustard.*

This is of a warm nature ; the herb when young and green, is good boiled ; it greatly promotes digestion, and creates an appetite ; made into a tea, it is excellent to remove pain in the stomach and bowels. White mustard seed is good for those troubled with dyspepsia or indigestion ; when swallowed whole in doses of one tea-spoon full at a time, before eating, it is an excellent remedy in many cases.

39. *Chocolote Root.*

This grows in moist land, and is pretty well known, making a very good drink. The root is of a dark muddy color ; the stalk, at the top, has four leaves in a bunch ; from each leaf projects a small beard, something like one inch in length. When steeped strong, and mixed with a little cream and loaf sugar, it is an excellent remedy in many cases, for the dysentery ; it is also good for the canker, and is too well known to need a more minute description.

40. *Camomile.*

This is a well known garden herb. It spreads over the ground, and has a small white flower,

resembling may-weed. It is excellent made into a tea, for a weak stomach, to stop vomiting, and makes a mild and agreeable bitter; when steeped strong, it will frequently stop bleeding at the stomach. It is very useful as a medicine in many other cases.

41. *Colt's Foot.*

This is a well known herb, growing by the sides of rivers and brooks, on the sand, and is sometimes cultivated in gardens. The leaf in shape is something similar to a colt's hoof, only it has scalloped edges, and is of a dark green color; the under side of the leaf is light green, and covered with a smooth, soft, white fur. It is good for syrups, and is a great restorative to the lungs.

42. *Pennyroyal.*

This herb is quite common on barren dryish spots of land, and is well known. It has a strong savory smell and taste, and is very useful as a medicine, it being of a warm sweating nature. It is good to restore the wonted heat of the stomach; it is a fine thing for a cold when drank freely, and will prevent fevers at the first onset, will remove wind in the stomach, and may be used without fear, as it is perfectly harmless.

43. *Snake Root.*

This grows wild, and is found mostly on rich low land, and around stones and stone heaps.

Its leaf very much resembles that of colt's foot, but smaller; it is of a hot biting taste. The root is good to drive out bad humors, and when steeped in very little spirit, is good for a weak stomach, it is a good bitter for jaundice complaints, in the spring of the year, and will not fail to strengthen the nerves, and tend to promote a free perspiration.

44. *Hoarhound.*

This is a garden herb, well known, of a pectoral nature. It is very strengthening, for the lungs; a cold tea made of the leaves, is good to prevent children from coughing nights, and to loosen phlegm in the stomach. This mixed with colt's foot, is a fine thing for lung complaints. It may also be used with good success in various kinds of syrups.

45. *Black Birch.*

This is quite a common tree, the bark of which is good and strengthening; the essence of this is excellent to scent snuff, giving it a healthy and grateful flavor. A tea made of this bark is good for all bowel complaints, and excellent in case of dysentery; it assists digestion, and will cure canker if applied in season.

46. *The Bitter Thistle.*

This sort of thistle grows chiefly in gardens, it is sown once a year. Its leaves are numerous, and it has a great number of branches; its leaf

is large and prickly, like the Canada Thistle. The seed is plump, and has a beard on the end. A tea of this is excellent for regulating the stomach and bile ; no harm ever being sustained by its free use ; or it may be pulverized when dry, and taken in molasses.

47. *Noble Liverwort.*

This is a well known herb, usually found with the boxberry and wintergreen. Its leaves start from the ground and frequently from the stalk or vine, which always keeps close to the ground, The stalk is from two to ten inches long, with a white bunch of blossoms ; although but few grow to this size. They are more commonly found with only two leaves, which are very hard and rough, close to the ground. This is excellent in syrups, for all consumptive complaints ; and the leaves are likewise good to chew, swallowing the spittle.

48. *Shin Leaf.*

This is a common herb growing in the woods. It has four round leaves, which start close to the ground. It sometimes has a small stalk or pistil, which bears on its top a number of white blows, which are always close to the stalk. The root has no fibres. Bruise the leaves of this herb and apply them to a new wound. They are good to take out soreness and keep off humors.

49. *Blood Weed.*

This grows in old fields, and by some is called horse tail or white top. It grows about

waist or shoulder high, with but one stalk from the ground. It has a very bushy top. This green or dry is very good to stop blood.

50. *Birth Wort.*

This herb grows wild. It has a slender stem, growing from six to ten inches high; the leaves cordate, oblong, acuminate; penduncles radical; lip of corolla lanceolate. The root has a bitter taste and an aromatic smell. The flower is inflated and purple. The root may be used as a tonic in medicine.

51. *Bayberry.*

This is a bush or shrub which grows common in many parts of this country. Its height is from one to four feet. It has berries about the size of the pepper corn, which grow close to the stalk. A kind of wax or tallow adheres to the berries. The leaves are of a dark, green color. No part of this bush, except the bark, which grows on the roots, is used for medicine, and this should be taken off, and pounded as fine as snuff. This is good for all complaints of the bowels. It is likewise good for canker. It will, when used for snuff, clear the head, and frequently stop its aching. It is very pungent and sometimes operates as an emetic.

52. *Maidenhair.*

This is a common fern, and useful herb; grows in moist land, by the side of old hedges; and at

the foot of mountains, and is often found in the woods; it is so common as to make a further description useless. This made into strong tea, is excellent where there is inward inflammation, and may be freely used, for it is perfectly harmless.

53. *Peach Trees.*

These are among the many which need no description. They are well known, for the delicious fruit they bear, but their uses, as a medicine, are not so generally known. The leaves of this tree are very useful in bowel complaints, for children; the meats of the stone are one of the best things known to strengthen the stomach and assist digestion.

54. *Rattlesnake Plantain.*

This grows in dry places, in the woods, where the leaves may be found in March, forming a kind of whirl, and lying flat on the ground. The color is green, veined with white, with a lustre like velvet; the stem to this plant rises to the height of a foot, and produces a spike of white flowers. This plant is so fond of its native woods that it refuses domestic culture; this herb is used to cure the bite of a rattlesnake.

55. *Orchis Habernaria.*

This grows in meadows, and rises to the height of two feet; the leaves are broad, lanceolate; its flowers are purple, each with five spreading petals, germs incurved and thicken-

ed in the middle, spur filiform, and longer than the germ; it has a singular root; each root has attached to it two tubers, one of which is withered and the other plump; the withered one has produced the growing plant, while the other is destined to be its successor the next year; the centre of the new tuber being about an inch from the old one, the plant travels about that distance every year, so that in a dozen years it will be found to have marched a foot from its former place. It is from this genus that the preparation called salep is made; it is a white powder, similar in its qualities to sago or arrow root.

56. *Parsley.*

This is well known as a culinary article, being found in almost every garden. It is also useful as a medicine; the roots are good to cure the phthisic in children, and mixed with other things, is good to cure the dropsy.

57. *Comfrey.*

This is quite common, and useful; it is mucilaginous, the root is tuberous, the stalk is perennial and high; it blows several times a year; the root of this is good in syrups, and answers a fine purpose for cuts and wounds; it is also strengthening.

58. *Holly Hock.*

This is a very beautiful plant, found in gardens. The root lives the year round, and shoots

up a stalk of several feet high; its blossom are like a tunnel, some of a lovely red, and others white, and crimson. This flower is also very strengthening, and good for a weak stomach. They are also good in weakly female complaints, if used as a constant drink, and taken in season.

59. *Ginger.*

This is well known as a spice. The root is very good in syrups; being of a warming nature, it makes a good poultice to draw out cold, and makes a very good tea for the bowels, causing them to move gently, and promotes warmth, without the least sensible pain.

60. *Bloodroot.*

This is a very useful, though not very common root, being found plenty only on ledgy land, or where Bitter Sweet abounds. It has a small root, something like chocolate, only when broken it emits a red juice, which is useful for many things; it has a very sharp biting taste. It is good for all weakly obstructions in females, will cure the toothache, is good to cure a catarrh in the head; mixed with other things is good for inward sores and ulcers, and with a little spirit is a healthy bitter to assist the blood, and may be found of great use in many cases, being of a warm nature.

61. *Sage.*

This is well known as a garden herb; it is of a sweating nature, and in many cases a good

restorative; it is a safe tea in case of spotted fever, and when dried and powdered and taken with a little molasses, is good to turn worms, and frequently answers a good purpose to turn sickness at the stomach.

62. *Slippery Elm.*

The bark of this tree is very useful in many cases. There are two kinds of Slippery Elm; one has a tough, the other a brittle bark: the brittle is best. The bark steeped in hot or cold water, is a good drink for a weak stomach, or any inward soreness. It is good for outward sores, and poultices of this will allay heat, and is good in almost all cases, being of a very cooling healing nature. It may also be used with good success in various kinds of syrups.

63. *Cherry Tree Bark.*

The black cherry tree is common and well known. The bark of this tree dried and powdered with other things, is good to turn worms. Made into a drink it is good for rheumatism. The cherries, dried and pounded fine, are a good remedy for the cholic.

64. *King's Evil Weed.*

This grows wild, in the shade, and under old timber. It is a beautiful plant, much like Plantain, only the leaves are smaller and spotted green and white. When it goes to seed there comes up a stalk in the centre of the plant, which

grows to the height of six or eight inches. The seed is in a small round bud on the top of the stalk. The branch and root of this, pounded fine and made into a poultice, are good for the disease of the same name, and used in different ways will often effect a cure.

65. *Rattlesnake Root.*

The Indians make great use of this. It grows wild in the woods, to the height of eight inches, and has a beautiful leaf, the ground work of which is dark green, striped and checked with light. The leaves all project from the bottom. The stalk is nearly bare. It has a spike of small white flowers. It is a good antidote for the bite of the rattlesnake, and is good for the catarrh and asthma.

66. *Spikenard.*

This is a very useful root. It is so common as to render a description useless. It is good for the asthma, and useful in all kinds of syrups, being very strengthening to the stomach. It is good in a poultice, is of a cleansing nature, and one of the best things in the world for inward sores and ulcers. Mixed with other things it is good for all sorts of weakness, inward fevers, coughs, pain in the side, stomach and breast, and all bilious complaints.

67. *Indian Milkweed, sometimes called Bitter Root.*

This is a very valuable vegetable; it resembles Buckwheat very much; the stalk is of a

reddish color, and sends out a number of branches, which has blossoms similar to Buckwheat. It grows in old hedges and wet land, it has two small, long pods, resembling the turnip seed pods, and contains a kind of silky substance. Its roots spread around under ground to a considerable distance, from which there are a great number of stalks, which grow up from different parts of the root, from one to two feet high; there are two kinds, or rather they grow in different places; one kind grows by the sides of rivers, and the roots run deep in the sand, but the medicinal virtues are much the same; the root is all that is made use of for medicine, and it may be used for a number of disorders; it is very bitter, and somewhat physicing, it is, therefore, an excellent medicine for those persons who are troubled with costiveness. If it is steeped strong, and drank freely, it will sometimes operate as an emetic.

68. *Female Flowers.*

These often grow by the sides of rivers and ponds, and have leaves and blossoms resembling cowslips but smaller; they grow singly, one root or stalk by itself; the leaves are green, and the blossoms yellow. This is one of the finest roots for female use in the world, for weakly obstructions; it will be found in the list of recipes.

69. *Fever Bush.*

This bush is much used by the Indians; they use it with good success in all cases of

inflammation; the bush is small and generally grows in wet land, or near some swamp; a number of little bushes come up together; the color resembles that of beech twigs; it grows from two to six feet high, and has on the bushes round leaves a little scalloped, of a yellowish green color; it has a spicy taste when chewed, it is rather warm, and tastes some like ginger.

70. *Wild Turnip, or Wake Robin Root.*

This is a plant that grows wild on wet land. It has three leaves in a triangular form; from between these leaves it puts forth a naked stalk, which has on its top a very singular stem or pistil enclosed in a sheath, which resembles a flower, and is followed by a bunch of reddish berries. The root resembles a small turnip, and is used for medicine, and answers a very good purpose to give for wind; it is very sharp and prickling and of a stimulating nature; it may also be given for pain in the bowels and cholic, which not unfrequently is caused by wind being pent up in the bowels.

71. *Balm of Gilead.*

This tree is so well known as to make a description useless. It partakes of the nature of the Poplar, but the leaves differ in shape and are larger: the oil from the buds is one of the best remedies for healing a new cut, that is known; it is also good for strains; the buds bruised and put in spirits are good for bathing sores, the small

twigs bruised, and steeped in warm water, are good for those persons who think they are troubled with too much bile; but in my opinion they are deficient in quantity or quality, and need something to assist it; and as these twigs are bitter and somewhat physicing, they may be used with good success in such cases.

72. *Archangel.*

This is an herb that may frequently be found in wet land, by the sides of roads, and also by the edges of old wet ploughed land; its height varies according to the places in which it grows, from three to fourteen inches; the leaves are in shape similar to spearmint, but smaller; it has a small bur, which grows around the stalk at every joint, that contains seeds. There are two kinds, which differ but little in looks, but considerable in taste, one being very bitter; the other has a kind of balsamic smell and taste. They are good in bilious complaints and the balsamic kind is sometimes used for canker, and answers an excellent purpose.

73. *Tansy.*

This herb needs no description; it grows common every where, and is good pounded, with a little spirit, for bruises, hystericks, and weak reins, stranguary, and also for obstructions of the urine.

74. *Lung Wort.*

There are two kinds of this vegetable, and by some, well known; one grows on maple trees, on

the north side ; the other grows on rocks, by the sides of rivers. It adheres to the rocks, its shape is similar to that of leather when scorched so as to cause it to wrinkle. The upper side is green, the under side is of a much lighter color. They are both very useful in lung complaints, in syrups, &c. That kind which grows on rocks is considered the best.

75. *Snake's head, sometimes called Brook Aloes.*

This is a very singular looking weed ; it grows on wet ground, by the sides of brooks, oftentimes a large lot of it together. It grows from two to three feet high. The leaf is about the size of Thoroughwort, and very bitter ; it has a number of white blows, nearly resembling a snakes' head. This makes an excellent bitter, and for those who are fond of physic, will answer an agreeable purpose.

76. *Meadow Fern.*

This is a thick cluster of shrubs that grow in or near stagnant waters, and in old meadows, from two to three feet high. It presents buds, when the leaves are off, of various sizes. They frequently have a small bur, or a cluster of seeds. If these seeds are rubbed between the fingers, they will be found to contain an oily sticky substance, having an odoriferous smell, similar to that of spirits of turpentine. This is an excellent article for a number of diseases ; and the burs, when pounded and made into an oint-

ment, are most sure to cure that inveterate disorder, commonly called the itch. It can also be made into an ointment, and used with good success for salt rheum. When the burs cannot be had, use the bush and buds.

77. *Goldenrod.*

This is a handsome herb, and is commonly found on pitch pine plains, and sometimes in old hedges; the leaves are long and narrow and very glossy. It grows from two to three feet high, and has a large cluster of yellow blossoms, and its taste is somewhat spicy, and smells like annise. The oil from this herb prepared in essence, and used to scent snuff with, is good for those persons who are constantly troubled with headache. Be careful not to make a mistake, when you undertake to collect this herb, for there are several that imitate it very much in appearance, but they will differ widely in smell and taste.

78. *Red Raspberries,—Leaves.*

This is a bush that every one knows. The berries are very good to eat; but this is not all it is good for; the leaf made into a strong tea is one of the best things known for canker, and may be used with good success in all bowel complaints of children. This made into a tea, sweetened, and a little milk put to it, is a very pleasant drink, and may be used freely, as it is perfectly harmless. There are people who think because a thing is simple and harmless it can do no good, or at least, if it does not rack their constitution

to its centre, it must be entirely useless. Such persons seem to forget that the food they eat is harmless, but nature cannot be supported without it.

79. *White Pond Lily.*

This is a well known beautiful flower ; it grows in fresh ponds, and is very common in all parts of the world. The root only is used, which is very large, and should be gathered in the fall of the year, as the water is generally lower at this season, and it can be obtained with less difficulty. Used in a syrup, with other articles, it is good for all bowel complaints, and for weakly obstructions in the female sex.

80. *Ladies' Smock or Cuckoo Flowers.*

The root is composed of many small, white threads, from which spring up divers long stalks of winged leaves, consisting of circular, tender, dark green, secondary leaves, set one against another, upon a middle rib ; the greatest secondary leaf being at the end. Amongst the primary leaves rise up divers tender, weak, round stalks, somewhat streaked, with longer and smaller leaves upon them. On the tops of these stalk, stand flowers, almost like the stock gillyflowers but rounder and not so long ; of a bluish white color. The seeds are reddish, and grow in small bunches, are of a sharp biting taste, as is also the herb. They grow in moist places and near the sides of brooks. They flower in April or May, and the lower leaves keep green through

the winter. They are very little inferior to water-cresses, in all their operations. They are good for the scurvy, urinary obstructions, and stone, warming to the stomach, restoring lost appetite, and helping digestion.

81. *Gout Wort, or Herb Gerrard.*

This herb seldom rises half a yard high; it has sundry leaves, three standing at the same height, on brownish green stalks, fluted, and of an unpleasant strong savor. The seeds are blackish and the umbels of the flowers are white. The root is long, and runs far into the ground. It may be found growing by hedges and walls, and often in the corners of fields and gardens. It flowers and seeds about the end of July. This is good for the gout and sciatica, and when carried about, will serve to keep off that disease. It will also ease aching joints.

82. *Eyebright.*

The common Eyebright is a small, low herb, usually rising about a span high. It has generally but one blackish green stalk. It spreads from the bottom into several branches, on which are set small leaves, which are nearly round and pointed, of a dark green color, and finely notched about the edges. They are very thick, and two always set together at the joints; the leaves turned upwards. From the middle spring forth small white flowers, mixed with purple and yellow spots or stripes. It has very small seeds

ed or baked, are good to stir up a fainting or decayed appetite. The bark of the root being steeped strong, is one of the best things known for the stranguary. The young and tender leaves are good to cool hot swellings and inflammations, when made into a strong tea.

85. *Queen of the Meadow.*

This grows in meadows and by the sides of rivers, often to the height of five feet. The stalk is of a reddish color, the leaves long and narrow. The blossoms are of a light red, and all grow on the top of the stalk. The root of this is good in a syrup, for the phthisic, and all other complaints of a similar nature.

86. *Seneca Snake Root.*

This is a well known article. It grows by the sides of roads, and by some is called white vervine. It looks something like blue vervine, except that the blows are white. This is good in beers and syrups.

87. *Wild Cinnamon or Liquorice.*

This is frequently to be found in oak and pine woods, from one to two feet high. Its leaves are similar to those of the sweet firm. It has a strong smell, like cinnamon. This with other things, in a syrup, is good for a cough.

88. *High Deer Weed.*

It is generally found growing plentifully in new cleared land, from two to three feet high,

in round heads. It has a small, slender root, with a thready end, and may be found in meadows and grassy places. The juice or distilled water of this herb taken inwardly, in white wine, or put into the eyes, is good for all things that cause dimness of sight;—or it may be taken in a powder of the dried herb, mixed with a little sugar, mace and fennel seed; has a powerful effect to help and restore sight, decayed through age, and has been known to restore sight to those who have been nearly blind.

83. *Endive.*

This grows common in gardens, and bears a long large leaf. It lives but one year, and speedily runs to seed. The stalk then perishes. It has blue flowers, and is of a cooling, cleansing nature. A decoction of the leaves, or the juice, or the distilled water of Endive, serves well to cool the excessive heat of the liver and stomach, and in the hot fits of agues, and all other inflammations in any part of the body,—the seeds are of the same property, or rather more powerful, for faintings, swoonings, and pssions of the heart. It is also good for redness and inflammations of the eyes, and for dimness of sight. It is also cooling in fevers, and helps to allay the pains of the gout.

84. *Gooseberry Bush.*

This is so well known as not to need a description. It grows very common every where. The berries, while they are unripe, being scald-

and has on its stalk, towards the top a spindle, of red blossoms. The leaves are long and quite narrow. This is good for all inward inflammations and fevers. It is of a cooling nature.

89. *Bitter Quassia.*

This tree was named by Linnæus in memory of Quassia, a negro slave of Surinam, who had employed it in curing a malignant fever which had raged there. This is well known as the purest of all tonic bitters. It is universally employed in medicine. It is a lofty tree and strongly branched. The bark and leaves resemble those of the common ash. The flowers are interminal racemes and of a bright red color. The roots and every part of the tree are very bitter. It is a native of the hottest parts of America.

90. *Spotted Cardis.*

This herb is well known, and often found in gardens. The leaves are large, and the herb is thorny. The leaves are spotted. Its uses will be found in the list of Recipes.

91. *Calimint or Mountain Mint.*

This is a small herb, seldom rising above a foot high, with square, hairy and woody stalks, and two small hoary leaves, set at every joint, a little dented about the edges; the whole herb is of very fierce and quick scent. The flowers are small and gaping, like those of other mints, and are of a pale bluish color. They stand at several

places on the stalks, from the middle nearly to the top. After this follow small, round, blackish seeds. The root is small and woody, with divers small strings, spreading in the ground, which live a number of years. It grows on upland and dry ground in many places. This is an excellent herb for a number of disorders, such as convulsions, cramps, with shortness of breath, jaundice, vomiting, worms, leprosy, sciatica and obstruction of the liver and spleen.

92. *Avens, also called Colewort and Herb Bonct.*

This ordinary colewort has many long, rough, dark, green, winged leaves, rising from the root, every one made of many subordinate leaves, set on each side of the middle rib; the largest three grow at the end, and are dented round the edges. The other leaves are small and stand on each side of the middle rib, underneath the others, among which rise up divers rough and hairy stalks, about two feet high, branching forth with leaves at every joint, not so long as those below, but nearly as much cut in on the edges. Some are cut into three parts, and some more. On the tops of the branches stand small, pale, yellow flowers, of five leaves each, like flowers of cinquefoil, but larger. In the middle stands a small, green herb, which, when the flower is fallen, becomes round, being made of many long, greenish, purple seeds, like grains, which will stick upon your clothes. The root consists of many brownish strings or fibres, smelling some-

what like cloves, especially those which grow in high, hot dry ground, and free and clear air. It is good for all diseases of the chest or breast, wind and stitches in the side. It dissolves the inward congealed blood, happening by falls or bruises, and the spitting of blood. The roots are good, either green or dry, boiled in wine, and drank, for all inward or outward wounds, if washed therewith. The decoction being drank comforts the heart and strengthens the stomach. It is also good in the spring, to open obstructions of the liver, and helps wind and cholic. It is also good for those that have fluxes, or are burst, or have a rupture. The juice of the fresh root or the powder of the dried root, has the same effect as the decoction. It is good for indigestion and warms a cold stomach. It is very safe; you need not have the dose prescribed. It is very fit to be kept in every one's house.

93. *Wood Betony.*

Common or Wood Betony has a great many leaves, which rise from the root. They are broad and round at the end, and have round dents about the edges. They stand upon long stalks, from among which rise up small, slender, square, but upright, hairy stalks, with some leaves thereon. Those at the joints are smaller than the lower leaves. On these there are several heads of flowers, spiked, resembling lavender, but generally thicker, and for the most part shorter. They are of a reddish purple color, with

white spots on the upper and lower part. . The seeds are contained within the husks that hold the flowers. They are black and rather long and uneven. The roots are many white, thready strings. The stalk perishes, but the roots with some of the leaves live through the winter. The whole plant is small and may frequently be found in woods and shady places. It blossoms in July. The seed is quickly ripe. This herb is a good remedy for epidemical diseases. It assists digestion, is good for a weak stomach, and rising of the victuals. It may be used dry or green. Both the herb and root are good. The flowers are good for a broth or syrup, electuary or powder, as may best suit the patient. Taken in any of these ways it is good for the jaundice, falling sickness, shrinking of the sinews, convulsions and palsy; it is also a fine thing for the gout and all dropsical complaints, and for a pain in the head. This powdered up and mixed with a little honey is a valuable remedy for coughs and colds, shortness of breath and consumptions. A decoction of this in wine is good for worms, and to open all obstructions of the liver and spleen. It is also good for a pain in the bowels, back or sides, for the stone in the bladder or kidneys. A decoction of this with wine gurgled or held in the mouth is good for the tooth ache. A wash of this outwardly or taken inwardly is recommended for the stinging or biting of venomous serpents, and the bite of mad dogs. It will stop the nose-bleed, is good for a rupture or bruise occasioned by a fall. The juice of the green herb

applied to an inward burst or outward green wound, in the head or body, will quickly heal it up. It will draw any thing out of the flesh, such as a broken bone, splinter or thorn. It is good for old and filthy sores. Mixed with a little hog's lard, it is good for biles and pushes. The fumes of this in a warm decoction admitted into the ear is good for the ear ache, and will cure sores in the ears. The juice dropped into them will do the same. The root has an unpleasant taste, but the leaves and flowers are sweet and spicy.— This is a very precious herb, and should be kept in every man's house, either in a syrup, conserve, oil, ointment or plaster. The flowers are and ought to be conserved. This herb possesses virtues too numerous to mention, and I am thoroughly persuaded the better it is known the more general will be its use.

94. *Tompena, or Hen's Foot.*

This is a very common article. It is found in the woods, generally where it is ledgy and moist, and sometimes out in the open fields, where the land has been lately cleared. It has one stalk, starting up entirely leafless, which rises from one to two feet high. Towards the top there start out things which resemble the seeds of the gourd, with a kind of tassel on the end of every one. The root looks very much like a hen's foot, only there are more toes than is necessary. The root of this is very strengthening to a weak stomach. It is likewise good for all disorders of the nerves. It is used as a powder for the nerves. Half a

teaspoonful is a dose in clear running water. The root pounded with other things is a good bitter for the stomach.

95. *Samphire.*

This grows up with a tender green stalk, something like two feet high, branching forth almost from the very bottom, and has a great many thick, almost round leaves, of a deep green color. There are commonly two together, and sometimes more, on a stalk. The leaves are juicy, and of a pleasant, hot and spicy taste. At the tops of the stalks and branches stand umbels of white flowers, and after them come large seeds, bigger than fennel seeds; the root is large, white and long, and lives a number of years. It generally grows on rocks which are frequently moistened with salt or sea water. It is a very good herb and was used more in former times than it now is. It is well known to almost every one that ill digestion and obstructions are the cause of most of the diseases which the frail nature of man is subject to. Both might be remedied in a measure by a more frequent use of this herb. It is a safe herb, very pleasant, both to taste and stomach.

96. *Marsh Mallows.*

Our common Marsh Mallows have soft hairy white stalks, rising three or four feet high, spreading forth a number of branches. The leaves are soft and hairy, somewhat smaller than the leaves of the common Mallows, but longer, pointed, cut

deep, (for the most part) but into few divisions. It has a number of flowers, but they also are smaller than common Mallows, and white or tending to a bluish color. The cases which contain the seeds are very much like the Mallows. It has a number of roots, which are long, shooting from one head, of the size of a thumb or finger, very pliant, tough, and much like liquorice, of a light yellow color on the outside, and more white within, full of a slimy juice. It will thicken water, if laid in it, as if it were a jelly. This is a very effectual remedy for a number of disorders. A decoction of the leaves may be used, gently to loosen the belly, and for clysters, to ease all pains of the body—opening the straight passages, and making them slippery, whereby the stone may descend the more easily, and without pain, out of the reins, kidneys and bladder, and to ease the torturing pains thereof. The roots are equal, or better than the leaves, for any purpose. The roots boiled in wine, or honey and water, are good for coughs, hoarseness, shortness of breath, and wheezings. It is also good for the bloody flux, by easing the violence of sharp, fretting humors, and healing the soreness. It may be taken to good advantage by those who are troubled with ruptures, cramps or convulsions of the sinews. It is also an excellent remedy for the imposthumes of the throat, or king's evil, and for kernels that rise behind the ears. The dried roots are very good being boiled in milk for the chin cough. It is also good made into a salve with honey and rosin, for all fresh cuts or wounds,

healing them immediately. The seeds, either green or dry, mixed with vinegar, will clear the skin of all discolorings, by being bathed with it in the sun.

97. *Common Agrimony—Eupatoria.*

This weed grows from one to three feet high. The leaves are placed interruptedly, pinate, oblong, ovate, and serrate leaflets. It has spikes of yellow flowers, which are scattered. It is a very common plant about fences and road sides, and was formerly used as a tonic in medicine.

98. *Dandelion.*

This is so well known as not to need a description. This herb, root and branch, should be taken, steeped in fair water, a sufficient length of time to get out the strength, when you may strain the liquor from the herb, and continue to simmer the whole till quite thick. This is one of the finest medicines known for bilious complaints, and it can easily be made into pills. Those who have long been habituated to swallowing a pill or two every night will find this as healthy a kind as they can use. It will likewise save considerable expense, for they can be made at home for less than one dollar per hundred.

99. *Indian Umbel, sometimes called Ladies' Slipper, Nervine, &c.*

There are four kinds of this vegetable. They are distinguished by the color of the blossoms.

One kind is called yellow, and grows in wet land, and sometimes in swamps. It has a large number of fibrous roots, matted together, which join to a solid root. It sends up a number of stalks, that grow from one to two feet high. The leaves are large and in shape similar to poke leaf. There are three different kinds remaining yet to be described, which are as follows: Red, red and white, and white. The first has only two leaves, which start from the ground and lean off each way from the stalk, which shoots up ten or twelve inches high, and has on its top a red blossom, of a singular shape, and is sometimes called female umbel. This kind can be found in hedges and on high ledges. The striped and white can only be found in swamps. The roots of these are in larger clusters than the yellow kind,—the top is similar to the red, except that the blossoms differ in color. The yellow and red are best for use. It should be dug either in the spring or fall, on account of its shrinking less if dug at that time. When you have dug them, be sure to wash them clean, and dry them carefully. When thoroughly dried, you may pound them as fine as possible, and sift them through a fine seive and cork it up tight from the air. This article is used by the indians in all nervous disorders. It is called perfectly harmless. It may be given in hysterical symptoms, spasmodic affections, and all disorders of the nerves. It answers a much better purpose than opium, for it has a tendency to quiet the nerves without destroying sensibility. It may be given in boiling

water, sweetened, something like half a teaspoon-full at a dose. You will find this to answer the most sanguine expectations.

100. *The Inner Bark of Hemlock.*

This is a kind of tree that every one knows, for it grows in every part of the country. The bark from the young trees which grows nearest the wood, dried and pounded fine, is good for the dysentery. Mix it with boiling water, sweetened a very little, and use it freely. It will be sure not to have any bad effect.

101. *Butternut.*

This is also a common tree in this country ; the indians use this both for an emetic and cathartic. The way to prepare it is to take the bark from the roots and boil it in water till it is as thick as molasses, when it may be taken. A table spoonful is a smart dose for a grown person. If you want it as an emetic, scrape the bark up towards the body of the tree ; if for a cathartic, scrape the other way. A syrup of this may also be made by adding one-third molasses, which is excellent for children that are troubled with worms. If you want to take pills, put in balm of gilead and white-ash bark, and simmer it till you can work it into pills. They will be as mild in their operation as any you can buy, and much more healthy and cheap. It can also be used with dandelions in a syrup, or pills, and are very useful to persons who have a bilious complaint, and have to use physic.

102. *Pipsisway, or Wintergreen.*

This is an herb that grows on pine plains, and mountainous land, with the checkerberry, and is always green. It grows from two to eight inches high, having a number of dark green leaves about half an inch wide, and from one to two inches long, with a scalloped edge; it bears a number of brown seeds, somewhat resembling allspice. The roots and tops may be safely used for medicine. The leaves of this plant made into a strong tea, are good for any kind of humors, but more particularly for scrofulas. It is good made into a salve with a little mutton tallow, being very healing to fresh wounds.

103. *Thoroughwort.*

This herb is too well known to need a description. It is however an excellent herb, and may be used in many different ways. It is of a sweating nature, and may be made into a strong tea, of which you may drink freely on going to bed. If you have a slight cold, you may generally get rid of it in this way, by being a little careful the following day. The blows of this herb, if taken freely, will operate as an emetic. The leaves, powdered fine, and mixed with molasses, is a gentle purge, and good to create an appetite. It may also be steeped, and drank cold, to correct the bile.

104. *Mullein.*

This is so well known as to make a description useless, but of its virtues we need instruction.

It is generally considered as a worthless plant, but this, I believe, to be a mistake. The leaves, steeped in vinegar, are made use of for a lame side, or inward soreness; if applied warm, for a length of time, are most certain to effect a cure. The centre leaves, steeped in milk, and sweetened with sugar, are an excellent remedy for the dysentery, especially for children. It is good steeped with strawberry leaves and clivers, for kidney complaints, and obstructions of the urine.

105. *Celandine.*

There are two kinds of this herb. The yellow blowed is the kind made use of. It grows on all kinds of moist land, and by the side of old fences. Most people are acquainted with this herb, but not with its uses. It is one of the best articles known, for the jaundice, taken in new milk. It is frequently made use of in syrups. (See the recipes, where its uses will be more plainly shown.)

106. *Clivers.*

This is a sort of weed or grass, that may be found in nearly all kinds of moist lands. The stalks are four square, and rough like a sickle, growing from one to two feet high, having a number of joints. The leaves are small, and start from the joints. This, with other herbs, is good for urinary obstructions.

107. *Strawberries,—the Leaves.*

These need no description. The leaves steep-

ed in boiling water, and drank freely of, are good for inward fevers, and weak nerves.

108. *Sweet Sicily.*

This herb is generally found in gardens. It resembles parsley, but does not grow so high, and more in a bunch. It is of a sweet taste, and smells something like pink and senna. This is one of the best herbs known in a syrup for a cough, it being of a loosening nature.

109. *Mouse Ear, or Puddle Weed.*

This is one of the best articles now known for the dysentery. To prepare it for use, boil a small handful of the herbs in a pint of milk and water, sweeten it with a very little loaf sugar, and use it freely for drink. It is perfectly harmless, and is most certain to cure the disorder. It grows in wet places. The leaves are shaped like a mouse's ear, only larger, and are very soft, and when torn, hang together as though woven with a fibre. It grows from four to ten inches high, a number of branches springing from each stalk.

110. *Melilot, or Seneca Clover.*

This is good in salves and ointments, for swellings and inflammations, being mollifying and cooling. It resembles clover, except the leaves are longer. The stalk is rather smaller than common clover, and grows from six to eighteen inches high. Its smell is similar to what is called Seneca Grass, which is well known to most snuff users of the age in which we live.

111. *Sassafras.*

This bush grows generally on mountainous, ledgy land. Its size is various. Its leaf is beautiful, about the size of the oak, and in shape similar to a man's hand, with the fingers cut off at the second joint. It is very useful as a medicine in several complaints. The root mixed with other things, is a good ingredient in curing inward ulcers and sores. It is likewise good for the dropsy and rheumatism. When taken inwardly, the steepings of the roots should be drank on an empty stomach, every morning. The pith is good for those troubled with weak eyes, as will hereafter be seen in the list of recipes, and those who wish to break themselves of chewing tobacco, will find this an agreeable substitute.

112. *Plantain.*

There are few who know the virtues of this simple though useful plant. It is good to cure poison caused by ivy, dogwood, and the like, and is also very useful in syrups, and will drive away humors.

113. *Heart's Ease.*

This herb is similar to Smart Weed, only it grows much more rank. The stalk is larger; the leaf having in the centre a spot like a heart. It grows in rich soils, round barnyards and fences, and is very useful as a medicine. It is good for weakly female obstructions. A tea made strong of this, and drank plentifully, is

good to cure the gravel. It is also very strengthening to the nerves, has a tendency to thin the blood, and mixed with other ingredients, is a cure for palpitation of the heart.

114. *Yellow Dock.*

This has a short wide leaf, and is about the height of other docks; it is sometimes found near brooks, and round old buildings. It has a yellow root, which simmered with cream is good to cure the itch.

115. *Evergreen Plant, or Wild Lettuce.*

This grows on pine plains and mountainous land. It has circular leaves, like that of garden lettuce. The root of this, finely powdered, is good for a bad humor, and used as a wash is very strengthening and good for the nerves.

116. *Marsh Rosemary.*

This article is found on marshes, and round the salt water. It is good for the canker, and the leaves made into a wash is good to cure poison.

117. *Mountain Ash.*

This tree is well known. Its size is various, and is often found in yards, being transplanted from the forest. It is of a very beautiful green. The leaf is similar to Sumach, and in the fall the top is covered with bunches of berries, which are a lively red, and good in bitters for many complaints.

118. *Nettle Root.*

This grows wild, almost every where. It is a very good thing for the nose bleed, and if applied often, will sometimes effect a cure.

119. *Garlic.*

This grows chiefly in gardens, and resembles an onion very much, only its smell is stronger. The root of this, with other things, is good for the dropsy, and will frequently turn worms. No harm can be sustained by its use.

120. *Jacob's Ladder.*

This vine grows often in rich interval soil, and near woods or bushes adjoining grass land. The stalk is about breast high, and springs off into a number of branches, loaded with green leaves. The fruit is a large bunch of black berries; when ripe, they hang under the leaves by a small stem. This is the best thing known for the gravel.

121. *White Pine.*

The bark of this tree, after the ross is off, made into a tea, is very strengthening to the stomach, and is a good remedy for dysentery, and other complaints of a similar nature. Pills made of this, are good to stop bleeding at the stomach. It is very healing, and has been used with success. It is a safe and harmless medicine.

122. *Garget.*

This is a common plant, and grows in many places by the road sides; it has berries of a

deep purple. These used outwardly, are a good thing for the rheumatism.

123. *House Leek.*

This grows chiefly in gardens, but frequently on almost naked rocks. It is a singular looking plant, having little root. Its shape is something like a pine bud, only flat and green. The leaf of the plant is thick and juicy, and makes the best salve known, for wounds.

124. *Common Arrow Head.*

This is frequently to be found by the sides of ponds and rivers, and is the chief ornament of such places. It rises to the height of two or three feet, and bears a close spike of white flowers; the leaves are radical and large, distinctly and beautifully arrow shaped, with very conspicuous veins; scape somewhat triangular; has three fine leaves, which are orbicular—it is perennial. This is used for the cure of hydrophobia.

125. *Gold Thread.*

This is also a common article found in the woods in nearly all wet places. It has small leaves, which barely clear the ground, about the size of a ninepence. It has small, fibrous roots, which are as yellow as gold, and as bitter as you please. This is one of the best roots known for the canker in the mouth, or it may be steeped and used to wash any kind of a sore where there is canker.

126. *Yarrow, or Thousand Leaf.*

This common weed, I believe, grows every where, especially round old buildings, and by some, is called good to stop bleeding at the nose. But this is a mistake, without doubt, for I never knew it answer that purpose. It does much better to put into spring beer. It is very pungent and stimulating, and will cause a brisk circulation of the blood.

127. *Meadow Saffron—Colchicum.*

This grows wild in meadows and wet places, It is a bulbous root with a stem about four inches high, which bears a single purple flower, with five petals, or fine leaves; linear, lanceolate and radical; the bulb is about the size of that of a tulip, and has, from time out of mind, been considered as poisonous in large doses, but has been known and employed as a medicine ever since the days of Hippocrates. At the present day, it is chiefly used in cases of a rheumatism.

128. *Fragrant Water Lily.*

This often grows where the water is 10 or 12 feet deep. The flowers expand in the morning, and close in the afternoon. The roots are of the size of a man's arm, and may be used as emollients in medicine. Made into a poultice, it will rot a bile in a very few hours.

129. *Mother Wort.*

This well known herb, of great value, is found mostly around old buildings. It grows from one

to three feet high. The stalk is about the size of thoroughwort stalks, and has a stiff burr at every joint, of a lightish blue color. The leaves are narrow and run to a point. These also start from the joint, and are very bitter. This is without doubt, as useful an herb as grows. It is good for all nervous and hypocondriac affections, dizziness in the head, and a strong tea made of this and drank freely, will raise the drooping spirits, and give new vigor to the whole system.

130. *Wild Cherry, the Bark of the Tree.*

This tree is well known, growing wild in woods. The bark of this tree, with other things, is very good for the rheumatism, and steeped in a little spirit will often effect a cure.

131. *Checkerberry.*

This grows common in the woods. The leaf is shaped like an egg, bearing a small, round, red plum. It has a very hot, biting taste, and is good in spring beer.

132. *Round Leaved Wintergreen.*

This vine grows wild in the woods, and has a leaf nearly round, about as broad as it is long. This is also of a tonic nature, and is very healthy in beer in the spring of the year.

133. *Umbelled Wintergreen.*

This has a long leaf, like Solomon's Seal, and

is of the same nature and use as that before mentioned.

134. *Sweet Firm.*

This is a small shrub that grows common in pastures, and by the road sides. The bark of this bush, steeped in cider, is good for the jaundice. Taken in the spring of the year, it will give a start to the blood and create a good appetite. The leaves of this made into a tea, will often answer a good purpose for the dysentery in children.

135. *Solomon's Seal.*

This grows wild in the woods, and is sometimes cultivated in gardens. It is of two kinds, white and red. It grows from one to two feet high, and has an oblong leaf, which runs to a sharp point, and veined in streaks, similar to the plantain, of dark green color, and flares off from the stalk each way, similar to leaves on the stalk of the brake. It has a sort of spur, or beard, growing on the under side of the stalk, starting out with the leaf. The root of this is good for all consumptive complaints.

136. *Convulsion Roots.*

This herb grows chiefly on timber land. It springs up in July; its stalk is white and leafless, about six inches high, with a knob on the top. The top and root are both useful as a medicine. The root is composed of small fibres, and has numerous small knobs. A tea made of this

root, or dried and taken in a powder, is good for convulsion fits.

137. *White Birch.*

This tree, being so common needs no description. It is generally considered useless, but is of great importance in medicine. The bark of the root of this tree, ground very fine, and given in small doses, several times a day, is good in canker rash, and with other things I shall hereafter mention, will generally effect a cure.

138. *Carrots.*

The yellow carrot grows in gardens, and is known to every one. The root of this, scraped and wilted, is good made into a poultice, to subdue inflammation and swelling and heal old sores.

139. *Canker Root,*

Or, as it is sometimes called, cold water root. This root grows mostly in rich ground, by fences, log heaps, stumps and hedges. It springs up with a stalk a yard or more high, and then branches out very large. It has a leaf something like clover. The top of the root is yellow as gold, it then branches out into threads very much like a plantain. The root steeped in cold water is good for the canker in all common cases.

140. *Currants.*

This bush is too well known to need a description, being found in almost every garden.

The leaves made into a tea are good for the dropsy. Use it as a constant drink. It will promote a free passage of urine.

141. *Sweet Elder.*

This is so common as to render a description of it entirely useless. It stretches along old hedges and is often found mixed with briars and stone heaps. The blow makes a physicing tea, that is good for children. A tea made of the roots is very good to prevent bilious fever. The green part of the stalk mixed with sweet cream is excellent for a sore where the humors prevail. The juice of the berries when ripe is good for those troubled with costiveness, being physicing and entirely harmless.

142. *Catnip,*

Needs no description. It is a common but useful herb. It is very good in many cases for children. Made into a tea, sweetened with loaf sugar, it will cure a sore throat, and is excellent mixed with fresh butter and sugar for a green wound.

143. *Spearmint.*

This is of a hot nature. It is a good tea for sickness at the stomach and excellent for sweats and many other cases.

144. *Squaw Weed or Cocash.*

This is a wild weed which grows in wet land

by the side of small streams. It has a narrow leaf and high stalk, which is rough and has a late, blue blossom. The bottom leaves remain through the winter, but it shoots forth a new stalk in the spring. Its smell and taste is fragrant. The green roots and leaves, mixed with spirits, are good for all nervous affections, rheumatism, cold hands and dimness of sight. When made into a tea it is very good for the canker.

145. *Summer Savory.*

This is a garden herb, and has a hot, pleasant flavor. When made into a tea and drank freely it is good for a cold and may be used with perfect safety.

146. *Peppermint.*

This is of a warming nature, and is good to throw off a cold and slight diseases. The essence weakened with water and sweetened is good for children, in cases of pain in the stomach, wind, &c.

147. *Burdock.*

The roots of this are good in a syrup. The leaves wilted will ease pain, and pounded green and applied externally will afford relief to a bruise or sprain. They are of a strengthening nature.

148. *Gensang.*

This root abounds in great plenty throughout the woods and fields of Vermont. It is good for the stomach, infused in a little spirit; the dry root grated in hot water, and sweetened, is good for children in case of pain in the stomach and

bowels, caused by wind. This sort is long and white, and has a sweet bitterish taste. It is a safe remedy also for weakness, and valuable for many other complaints.

149. *Red Beech.*

This tree is also common, being found in plenty among others of the forest not so useful. The bark taken off the tree green, and well dried and pulverized with other things, is good for a weakness in the urinary vessels, and steeped in water, will frequently cure the dysentery. It is both healthy and useful.

150. *Crow Foot or Buttercup.*

This is a tuberous rooted, perennial plant, very common in rich meadows and moist places. It grows from one to two feet high, and has a very glossy yellow flower. Every part of this plant is acrid. Those who wish to endure the pain of a blister, may have their ends sufficiently answered by making use of this herb.

151. *Crane's Bill.*

This is a beautiful though common plant, which grows in woody places, and bears a pretty purple flower. The root is knotty, and may be used as an astringent. It is also excellent in cankers.

152. *Witch Hazel.*

This is a small bush or tree. It grows in swamps and wettish land, and by the sides of rivers. A tea made of this, and drank freely,

is good to stop bleeding at the stomach. It is good in all bowel complaints. The bark boiled in milk and water, is good for those afflicted with a strain across the kidneys.

153. *Hawk Weed.*

This weed grows upon dry hills. The leaves are radical, and spread on the ground, are narrow and elegantly variegated, with dark red veins. The stalk is erect, of a dark brown color, furnished with a few scattered leaves. The flowers are contained in a yellow pinnacle. The whole plant is filled with a bitter milk, which is very cooling.

154. *Consumption Weed.*

This weed grows chiefly round old buildings, fences and gardens. It will live in spite of time and hard usage. The leaf grows close to the ground, and is full of red veins. It may be used with success in all consumptive complaints.

155. *Sarsaparilla.*

This bush grows wild in the woods, and has a small green stalk, which grows from one to three feet high. There are no leaves except those which grow upon the top of the stalk, and these branch out in three different directions, generally with five leaves on a branch. It very much resembles spikenard in taste and smell. This root is good in syrups, and is an excellent preventive of all sorts of bilious complaints, and fevers. It is of a very strengthening nature.

156. *Vervine.*

This herb is common and well known. It is of two colors, blue and white, and is a good medicine in a fever, and for all consumptive complaints. It makes a harmless emetic, and may be taken powdered, mixed with thoroughwort, or made into a tea. It is a good thing for a weak stomach.

157. *Hyssop.*

This herb grows chiefly in gardens, from three to eight inches high, has a small blow and an aromatic smell. Made into a tea, it is good for children when wheezed at the lungs. It is also good in syrups, for children.

158. *Burnet.*

This grows in gardens, and is known as a sallad. It has a small notched leaf, and acrid taste. It is of an astringent nature, and very cooling.

159. *Garden Pinks.*

These are also well known to the florist, and ranked among the beauties of gardens. They have pretty blows, of a red color, and sometimes mixed with white. The leaves of this flower dried are excellent in syrups.

160. *Red Rose.*

This is the queen of all flowers, and though short lived falls not a useless sacrifice. The

leaves of this dried, and steeped in milk, are very good for sore eyes. They are cooling, and will often allay inflammation.

161. *Piony,—the Roots.*

This has a large, bushy and beautiful flower, cultivated in gardens, and is too well known to need any further description. The roots of this well dried, and grated in warm water, are good to prevent fits, and also very good for wind in children. The leaves of this flower dried and made into a weak tea, are good for infants when troubled with wind in the stomach.

162. *Spider Blows.*

These may be found growing wild in the woods, in great plenty, in the spring of the year. The blows are of a reddish brown, and pretty generally known. They are good for female weakness, and, steeped in a little spirit, makes a good and healthy bitter, being of a strengthening nature.

163. *Red Clover.*

This, though common, is very useful in medicine. It is excellent for all inward weakness, for coughs, and inward fever, for pain in the stomach, side, or breast. It is used green.

164. *Saffron.*

This grows in gardens, and has a bright yellow blow, and is universally known. It is good made into a tea, to cleanse the fluids of the

stomach, and guard against sickness, and for bathing any affected outward part. It is also good to drive out humors, and employed as a medicine, with other vegetables, is an excellent thing for a disordered stomach.

165. *Ladies' Thistle.*

This has a number of large and broad leaves, lying on the ground, cut in and as it were crumpled, and somewhat hairy on the edges, of a light shining green color, wherein are many streaks of white running over it, and set with sharp and stiff prickles. Among the leaves rise up one or more strong, round and prickly stalks, set with leaves to the top. At the end of every branch is a large thistle-like head, strongly armed with prickles, and with bright purple thrums, rising out of the middle. The root is large, spreading in the ground, with many strings and fibres fastened to it. The plant is of a bitter taste, and is frequent on the banks of rivers and ditches. It is good to open obstructions of the liver and spleen, and thereby is good for the jaundice. It is also good for pains in the sides, and many other inward pains and gripings. The seeds in distilled water, are very powerful outwardly applied, with cloths or sponges, to the region of the liver inwardly and heart, to cool the liver, and for swoonings, and passions of the heart. Boil the tender plant in the spring, but cut off the prickles, (unless you have a mind to choke yourself,) and it will change your blood as the

season changes, which is the most safe way to effect a change.

166. *Maple Tree.*

A decoction of either the leaves or bark of this tree is good to strengthen the liver. It is also good to ease pains in the sides, which proceed from the liver and spleen. The moss, which grows on the north side, is also very good for all lung complaints.

167. *Earth Chestnuts, or Groundnuts.*

These are rather hot, and dry in quality. The seed is excellent for obstructions of the urine, and so is the root, although not so forcible. The root, beat to powder and made into an electuary, is an excellent remedy for spitting of blood, and is also good for those who make bloody water.

168. *Cinquefoil, or Five fingered Leaf.*

This spreads and creeps far upon the ground, with long slender strings, like strawberries, which take root again, and shoot forth many leaves, composed of five parts, dented about the edges, and rather hard. The stalks are slender, and lean downward, leaving a number of yellow flowers, with some yellow threads in the middle, standing about a smooth green head, which, when it is ripe, is a little rough, and contains small brown seeds. The root is of a dark brown color, about the size of a large goose quill, but long, with threads, and by the

help of small strings, it quickly spreads over the ground. It grows by the side of woods and hedges. It is taken, twenty grains at a time, in white wine or white wine vinegar, and is considered an excellent remedy for an ague of any kind. The leaves, made into a strong tea, are used in all inflammations and fevers, whether infectious or pestilential; it is also good for the jaundice. The roots boiled in milk, and drank, is a most effectual remedy for all fluxes, in men or women. The juice or decoction, taken with a little honey, helps the hoarseness of the throat, and is very good for a cough on the lungs. The roots are likewise effectual to help ruptures or burstings, being used with other things available for that purpose, taken inwardly or outwardly, or both. It must not be despised because it is plain and easy. The ways of God are all such. It is the ungodliness and self-interestedness of man that have made things hard to understand!

169. *Pusley.*

This grows in gardens, and is pulled up as a noxious weed. It is not, however, useless as a medicine. This weed, dried carefully, and made into a tea, is the best thing for worms ever known. It is an easy and safe remedy for children or grown persons, and will harm no one.

170. *Caraway.*

This grows chiefly in gardens, and is well known as a spice. These seeds, steeped in

water and sweetened, are good to relieve pain in the stomach, and are good for infants when troubled with wind.

171. *Lovage.*

This grows chiefly in gardens, and needs little or no description, being pretty generally known by its strong smell. The roots are good for wind, and are the finest thing in syrup ever known, being very strengthening.

172. *Knot Grass.*

This is too well known to need a description. It is found by foot paths in fields, by the highway sides, and by the sides of old walls. It springs up late in the spring and remains till winter, when all the branches perish. The juice of the common kind is good to stop bleeding at the stomach or nose. It is of a cooling nature, and good to temper the heat of the blood and stomach. A powder of the herb, taken in wine, for many days in succession, is good for those who have been bitten by any venomous creature. It is also good for worms. The distilled water, taken by itself, or with the powder of the herb or root, is a sovereign remedy for all manner of inflammations, gangrene, canker and ulcers. It is also good for broken joints and ruptures.

173. *Lettuce.*

This is too well known to need a description, being generally used as a sallad herb. The

juice of this, mixed with the oil of roses, and applied to the forehead, is good to produce sleep and ease the headache.

174. *Liverwort.*

Common Liverwort grows in moist and shady places. It grows close and spreads much over the ground. It has many small, green leaves, which stick flat, one to another, cut in very unevenly on the edges and crumpled, from among which rise small, slender stalks, at most, only an inch or two high, having small, starlike flowers in the top. The roots are very fine and small. This herb is good for all diseases of the liver. It is both cleansing and cooling. It is likewise good for inflammations and the yellow jaundice, and made into beer, it will cool the heat of the liver and kidneys. It is good to stop the spreading of ring-worms and other running sores.

175. *White Maidenhair.*

This has a very fine, pale, green stalk, nearly as fine as hair, set confusedly with pale, green leaves, on very short footstalks, something of the color of garden rue, not much differing in form. It is cut in more diversely on the edges, and thicker, smooth on the upper part, and beautifully spotted underneath. It is green all winter as well as summer. It may be found in many places. A decoction of this herb is good for a cough, yellow jaundice, shortness of breath, diseases of the spleen, stoppage of urine, &c., and a tea of the dry herb is good to stop bleeding

at the stomach. Taken green it loosens the belly, rectifies the blood, and cleanses the lungs. This herb, boiled in the oil of camomile, is good to allay swellings and dry up ulcers. It will also stop the falling or shedding of hair, causing it to grow thick, fair and well colored. For this purpose, boil it in wine, put in some oil and small-sage seeds.

176. *Golden Maidenhair.*

This herb grows on bogs and moorish places, and also on dry, shady places. It has no leaves, but small, brownish red hair, to supply their place. In the middle of it rise small stalks, of the same color, set with very fine yellowish green hairs, and bearing a small gold, yellow head, smaller than a wheatcorn, standing in a large husk. The root is small and thready. Its virtues are much the same as that of White Maidenhair.

177. *Herb True Love, or One Berry.*

The ordinary herb True Love has a small creeping root, running under the upper crust of the ground, something like a couch grass root, but not so white, from which start up stalks of a very dark green color, and without joints. The stalks rise up something like a foot high, if it bear berries, otherwise, not so high; having at the top four leaves, set directly one against another, in the manner of a cross, or ribbon tied, as it is called, in a true-love knot, each of them separated like a night shade leaf, but broader.

The number of leaves vary from three to six. In the middle of the four leaves there starts out one slender stalk, about an inch high, bearing at its top one flower, spread open like a star, consisting of four small and long, narrow pointed leaves, of a yellowish green color, and four others lying between them, smaller than the others. In the middle, there stands a round, dark, purple button or head, compassed about with eight small, yellow, mealy threads, with three colors, making it the more conspicuous and lovely to behold. This button, or head, in the middle, when the other leaves are withered, becomes a blackish purple berry, full of juice, about the size of a common grape, having within it a number of white seeds. The whole plant is without any taste. It grows in roads, and sometimes in the corners of fields and waste grounds. They come up in April or May, and blossom soon after. The leaves, or berries, are effectual to expel poisons of all sorts, as also the plague and other pestilential diseases. Some have been helped thereby, which have laid long in a lingering sickness. The roots in powder, taken in wine, will speedily ease the pains of the cholic. The leaves] bruised, are very effectual to heal green wounds, and also for filthy old sores and ulcers, and is very powerful to remedy swellings in the groin, or any other part of the body, and speedily to allay all inflammations. The juice of the leaves, applied to fellons, or those nails of the hands or toes that have imposthumes, or sores, gathered at the roots of them, will heal them in

a short time. This herb ought to be nourished in every one's garden, not altogether for its beauty, but for its real worth.

178. *Nail Wort, or Whitlow Grass.*

This very small and common little herb has no roots, save only a few strings, neither does it ever grow to be above a hand's breadth high. The leaves are very small and long, similar to those of chickweed, among which rise up a number of slender stalks, bearing many white flowers, one above another, which are very small; after these come small, flat pouches, containing the seed, which is very small, but of a sharp taste. It grows upon dry, gravelly ground, especially if there is other grass to shade it. It flowers very early in the year, for before the end of April they are not to be found. It is held to be exceedingly good for those imposthumes in the joints and under the nails, which are called whitlows, fellons, andicons and nailwheels, by physicians.

179. *Flower de Luce, or Velvet Flower,*
Amaranthus.

It being a garden flower, I might, perhaps, spare a description, yet notwithstanding, because some may desire it, I shall describe it. It runs up with a stalk a cubit high, streaked and reddish towards the root, but very smooth towards the top, with small branches, among which stand long, broad leaves of a reddish green color, and

slippery. What are called flowers, are not strictly so, but tufts, very beautiful to behold, but of no smell. They also are of a reddish color. They keep their beauty a long time after gathering; the seed is of a shining black color. It is an excellent qualifier of the unruly actions and passions of Venus. By the icon or image of every herb, the ancients at first found out their virtues. Modern writers laugh at them for it, but I cannot but wonder, how the virtues of herbs came at first to be known, if not by their signatures. The moderns had them from the ancients; the ancients had no writings to obtain them from. There is also a sort of amaranthus which bears a white flower, used to stop the running of the reins.

180. *Fox Gloves.*

This has many long and broad leaves, lying upon the ground, dented about the edges, a little soft and woolly, and of a hoary green color; among these rise up a number of stalks, but sometimes only one, bearing similar leaves thereon from the bottom to the middle. From the middle to the top it is stored with large and long, hollow, reddish, purple flowers, a little long and incurved at the lower edge, with some white spots within them, one above another, with small green leaves at every branch, but all of them turning their heads one way and hanging downwards, having some threads also in the middle, from which rise round heads, pointed at the ends, wherein small brown seeds are con-

tained. The roots are so many small fibres, and some greater branches among them. The flowers have no scent, but the leaves have a bitter, hot taste. It grows on high sandy ground, for the most part, and sometimes in low places, and under hedge sides, in almost every country. It seldom flowers before July. This plant is of a gentle, cleansing quality, and very friendly to nature. The herb is frequently used to heal any fresh or green wounds, the leaves being bruised and bound on. And the juice of the leaves are also used for old sores, to cleanse, dry and heal them. The decoction of this herb, made up with some sugar or honey, is available to cleanse and purge the body, both upwards and downwards, of tough phlegm and clammy humors, and to open obstructions of the liver and spleen. It has been found by experience to be available for the king's evil. The herb bruised and applied, or an ointment made with the juice of it, and so used, and a decoction of two handfuls, with four ounces of polypody in ale, has been found by experience to cure all sorts of falling sickness.

181. *Feverfew or Featherfew.*

Common Featherfew has large, fresh, green leaves, very much torn or cut on the edges. The stalks are hard and round, set with many small leaves, and at the tops stand many single flowers, upon small foot stalks. These flowers consist of many small white leaves, standing round a yellow thrum in the middle. The root

is rather hard and short, with strong fibres about it. The scent of the whole plant is very strong and pungent, and the taste is very bitter. This grows wild in many parts of this country, but is, for the most part, nourished in gardens. It flowers in June and July. Venus commands this herb, and has commended it to succor her sisters, and it is presumed the most of them already know its uses, or at least a part of them, and the remainder I shall endeavor to mention very correctly. A decoction of this herb, with sugar and honey put thereto, may be used with success to help a cough and stuffing of the chest, by colds, as also to cleanse the reins and bladder, and it also helps to expel the stone in them. The herb bruised and applied to the crown of the head, is good to ease all pains coming of a cold cause, as also for the vertigo, that is, a running or swimming of the head. The distilled water takes away freckles and other spots in the face. The herb bruised and heated on a tile, with some wine to moisten it, or fried with a little wine and oil in a frying-pan, and applied warm outwardly to the parts affected, helps the wind and cholic in the lower part of the bowels. It is an excellent remedy where opium has been taken too liberally.

182. *May Weed.*

This is an excellent herb, and grows in door yards and by the sides of the roads. It is of a

pectoral nature and is good for a pain in the side. A tea of it, made strong, and used freely on going to bed, is an excellent remedy for a bad cold.

MAN'S IGNORANCE
OF
MEDICAL KNOWLEDGE.

Why do men grope in darkness—is it because nature has not given them sufficient intellect, or withheld that from them which is so bountifully bestowed upon a distinguished few? No; the God of nature knows no partiality; he has withheld nothing from your view, if you will presume to withdraw the curtain of dissonance and superstition, that is and ever has been, spread before you, and let the brilliant light of meridian day shine forth in all its native lustre. You will then see the futility of man's placing his confidence in those who, under a pretence of knowledge far superior to your own, would rob you of your health, and your money too. This is a common erroneous practice to which we have been long habituated. The sentiments we imbibe in youth are deep rooted, we are all willing to confess. It is at this time that the fancy is warmed by representations. The rules we then imbibe, direct in a great measure, our after life. The judgment is not yet matured; unnatural and unfavorable are her ideas; and we are led

from the simple path of nature to enthusiastic regions.

Instil the idea into a child's mind that when he is diseased, a doctor is necessary, he thinks it is so ; this insensibly leads him into an erroneous practice. And again example is stronger than language ; it is in youth that the observation is keen, the eye penetrating ; as we advance to manhood, few follow the dictates of their own judgment.

We become active members of society.—Until reason teaches her prudent lesson, we act our part with impropriety. Then let the gentle of the finishing hand, adorn with grace, and prune with care. Is not the wild wandering savage of the forest, as much and even more skilled in medicine, than he who is tutored in the halls of refined education. Why is it so ? I answer, every one is his own physician. They depend not upon others for superior knowledge. People in general are too negligent in this respect ; it is true, when we are in health we need no medicine ; but ought we not then to treasure up knowledge against the day of want ?

If all knew the right rules of prescribing, how much would it prevent of premature death and pain. For instance, it is now dead of night—it matters not who, perhaps a parent, is taken ill ; one thing after another is tried ; their small store of skill is exhausted ; it has done no good ; all avail nothing. Ah ! says a watchful friend, with tearful eye, “ we have done all that we can ;

call in one who knows still more." Away they go, post haste ; the night is dark, and even rainy ; it is ten, twelve, or perhaps even twenty miles to his dwelling, and ere they reach home, the unfortunate man is no more. The physician looks grave, " then he is gone—a pity I had not been a moment sooner ; I could no doubt have saved his life." He orders his horse, pockets a five dollar bill, and is gone. He has left you in the dark ; you have paid him—for what?—he has prepared no medicine, prescribed no rule to you for a similar occurrence ; not even remotely hinted at the nature of the disorder that has thus spread terror and dismay over your household.

We use our native language in all our common deal,
What use is Greek or Latin to tell us how we feel,
Is it because 't is surer to touch the tender part,
Or is it to deceive us with a deceitful art?

Here I wish to make a remark, which no doubt you have all heard made : that the doctor knows best ; he has studied, and of course he must know. But what has he studied, and how did he come by his knowledge ? I will tell how he came by it. Not by long and persevering exertions, and by his own experience, but by studying that which, nine-tenths of it, does no good at all, as it respects a correct idea of the system. Could you by making use of all the dead languages, or possessing the eloquence of Demosthenes or Cicero, form a more correct idea of the human frame, than you could by studying to

obtain a knowledge of it in your own native language? Reason will teach you that you cannot.

Then what is the use of all this language? I will tell you what it is for. To keep the common people in ignorance, and thereby a few usurp to themselves the power which by nature belongs to others. But truth will not always be bewildered by deep-rooted ignorance, she will find scope to weave a laurel for her brow, and then we shall no more be confounded by language and medicine we do not understand. Some will say, how can I prescribe? I do not know the name of any thing that is used for medicine, and I had rather have some one who knows more than I do myself. I would ask that person when they ever expect to rid themselves of their ignorance, so long as they depend upon others for superior knowledge. If such a person should be afflicted with a lingering complaint, the disease would remain as undisturbed as did the lark's nest, in the farmer's cornfield, when he depended upon his neighbor's assistance to harvest the field. It is an old saying, and a very true one, that he who waits for dead men's shoes, will be obliged to go barefooted. So long as we are depending upon others for assistance we use no exertions of our own. This can be easily proved by the following example: for instance, let a young man go into business of any kind, who never knew the worth or the want of a dollar in his life; he never shall want for any thing, and if he is likely to fail, he shall be supplied with more money, free, gratis. Such a person has nothing to strive for:

he is sure enough ; let trade go as it will. He will not exert himself like a person who feels the want, and knows the worth of a thing. It is so with any kind of an animal. So long as you supply their wants, they know nothing about shirking for themselves. This, kind reader, is the reason why we are so ignorant, concerning the management of ourselves, when we become diseased. We have been depending wholly upon others for advice and assistance, and have used no exertions of our own to find out the cause of our suffering, or what to apply for a remedy.

I very well know the excuse that will be offered. That we cannot all be doctors. That is very true, but we can prescribe for ourselves, by having books on the subject, written in a language we can understand, with a description of medicine, the most congenial to our natures, which our own woods, and fields, and gardens yield us in rich abundance, for the cure of every disorder which is curable. By having all this around us and striving to get a knowledge of the right way of prescribing and practicing on ourselves, we may save a great expense, and be on surer ground than we could be, by employing those who would give medicine we did not know the name or nature of.

There are those who call every one a quack who makes use of roots and herbs. Now let us see what is the meaning of quackery. I believe it is mean or bad acts in physic. We will now see if the appellation will not suit as well on the shoulders of the regular bred physician. Does

he never make a mistake in his medicine? Is he sure always to give the right kind, or have it operate exactly as he says it will? You will all readily remember seeing bad management by those very persons who style themselves regularly bred. What then hinders such a person being called a quack? He makes the same mistakes, and even more, than he who uses roots and herbs for medicine. At the same time it will not answer to call him any thing except regular. Now the word has most assuredly been corrupted, else it would occasionally fall to the lot of the most regular on earth to be styled a quack. I believe the word, as used by the learned doctors, has a wrong meaning. It means a person who never uses poisonous medicine, or any kind, except the native productions of our soil. These are the persons who are styled quacks; and it is a pity that there are no more of them. If we had ten such quacks to one regular, we should get rid of swallowing a large share of doses which better be out of the stomach than in. There can be no reasonable excuse for administering poison in any shape. I mean deadly poison, or that which would produce death immediately, if not discharged from the stomach by vomiting or purging.

There are two ways of doing a thing; one is right, and the opposite of that, of course, must be wrong, and whatever would prove deleterious to a person in health cannot, under any circumstances, have a good effect on the system of a diseased person.

The reason which is given for such nefarious practices is this. That it has to be given to combat the disorder. But if I am not greatly mistaken it picks three quarrels with the constitution, where it settles one combat with the disease.

I have been told that calomel would never harm a person if it was rightly physiced off. That the injury was caused by its remaining in a person's blood. This will answer to blindfold a person's eyes who has already had them veiled with prejudice.

I will endeavor to show you by plain and simple argument that a poisonous article had better be let alone than meddled with, although you may handle it with the greatest care. A person may handle a red hot iron with such dexterity that perhaps it will not burn him, but it would be safer to let it alone; for if it, by chance, should happen to adhere to his fingers, the space of one minute, he is sure to get a scorching.

So I conceive it is with poisonous medicine; if it can be forced through a person quick enough, it may do no harm, but like the iron, if it happens to adhere or gets clogged in its passage, you will be sure to get badly scorched, before you can rid yourself of its contents. There are many, no doubt, who will say that it is impossible for a man not bred up to physic, as taught in our colleges, to be skilful enough to prepare a dose of medicine, and do it as it ought to be done.

My answer to this, is as follows. It does not require a large share of Greek or Hebrew language, nor but little foreign skill, to prepare a meal, from the wholesome productions of our native soil, which will nicely suit the palate of the greatest exotic dealer we have in any part of North America; but if we have got to have a meal made of foreign trash, with so many grains of poison in it, to make it digest in the person's stomach who eats it, I will admit that it requires a person to be well versed in foreign skill and possessed of considerable experience, to prepare such a worthless meal.

Can any reasonable person suppose that God ever made and placed us here, supplied with every thing to make us comfortable when we are in health, and left us without even a solitary article that we can make use of as a medicine, when disease overtakes us? Certainly not; for such a belief would most assuredly be charging our heavenly Parent with a crime, which I trust he is not guilty of.

We should call any person unreasonable who should undertake to make us believe that the products of some other country were better adapted to our constitutions than those which are raised upon our own soil; but that person would be no more inconsistent than one who would fain make you believe that exotic plants and minerals, which come from some remote quarter of the globe, would be more congenial to our natures than the simple medicine with which we are abundantly supplied at home.

I will conclude, for I have already gone far beyond my intended limits. I hope, however, the attention of the reader will not be fatigued, nor the memory overloaded.

That a knowledge of this subject would be of the highest importance to us all, must be universally admitted. Any attempt, therefore, however imperfect, to make so useful a thing more generally known, has claim to that praise which is the reward of good intention, assured that being serviceable to others, is the most satisfactory way of becoming contented with ourselves.

A TABLE,

SHOWING WHERE THE DIFFERENT RECIPES MAY
BE FOUND.

[As it is impossible for even the loveliest object to please every one's fancy, or the most palatable food to suit every one's taste, it must, therefore, be impossible for any one remedy always to have the same effect on different persons and diseases, which originate from different causes. The writer has therefore been at the trouble of obtaining many recipes, which have proved themselves effectual, even for the same disorder, knowing that that kind of medicine which has proved effectual on one, may fail on another, or not always be at hand.]

For a cough or phthisic,	No. 1
King's evil, or kernels of the ears,	2
A wash for a sore mouth, or canker,	3
For the itch,	4
Deafness, singing in the ears, &c.	5
An excellent family syrup,	6
For inflammation of the heart,	7
“ a burn,	8
“ palpitation of the heart,	9
“ cough, or pain in the breast,	10

To cure vegetable poison,	No. 11
An excellent remedy to stop vomiting,	12
To stop bleeding at the stomach,	13
Pills for the hysterics,	14
Strengthening Plaster,	15
For the rheumatism,	16
“ worms in children,	17
“ the dropsy,	18
“ the tooth ache,	19
“ weakness and general debility,	20
“ a strain or weakness of the kidneys,	21
“ the phthisic in children,	22
“ the jaundice,	23
“ a cough,	24
“ catarrh in the head,	25
“ swellings that come of their own accord,	26
A cure for corns,	27
For a stiff joint, or shrunk sinew,	28
“ a strained stomach,	29
“ inward hurts or ulcers,	30
“ bilious cholic,	31
“ weak or inflamed eyes,	32
“ gravel in the bladder or kidneys,	33
“ the asthma,	34
“ a weak stomach of long standing,	35
“ dysentery in its worst form,	36
“ a strained stomach, or spitting of blood,	37
“ the phthisic,	38
“ St. Anthony's fire,	39
“ urinary obstructions,	40
“ a wen,	41
An ointment for the piles,	42
For the jaundice,	43

For frost bitten feet,	No. 44
Pills for dull and heavy pains in the head,	45
For the jaundice,	46
An ointment for old ulcers or sores,	47
For sores where there is no inflammation,	48
“ the piles,	49
“ children that cannot hold their urine,	50
“ the canker rash,	51
“ hæmorrhage,	52
“ the bite of a rattlesnake,	53
“ a swelled face, or scurvy of the teeth,	54
“ consumption,	55
Syrup for a bilious habit,	56
Bitters to go with the above syrup,	57
For a hectic cough,	58
“ inward ulcers,	59
Salve for a burn,	60
Syrup for coughs,	61
Another, where there is considerable phlegm,	62
Best method of curing a wen,	63
For the stone,	64
“ sprains,	65
“ the heart burn,	66
“ a sore throat,	67
Ointment for weak joints,	68
Remedy for poison after it has begun to discharge,	69
Syrup for the jaundice,	70
Strengthening bitters,	71
For a person that is weak at the stomach	72
“ wind in the stomach,	73
An excellent syrup for a cough,	74

For a person that is troubled with indigestion,	No. 75
Another for the same complaint,	76
Cure for the stranguary,	77
“ for a sore throat,	78
For weak nerves,	79
Excellent family pill,	80
A beer for cancers,	81
Cure for the dysentery,	82
“ for the dropsy,	83
“ for asthmatic coughs,	84
“ for rheumatism,	85
Another for the same,	86
For weak eyes,	87
How to destroy worms,	88
For rheumatism,	89
To cure vegetable poison,	90
For a cough,	91
A good pill for the hystericks,	92
To stop bleeding at the stomach,	93
For dropsy,	94
“ wind in children,	95
To drive out humors,	96
For a stoppage of water,	97
“ a child that has the dysentery,	98
“ a child that has a relapse,	99
A beer for liver complaint,	100
For convulsion fits,	101
“ fits caused by worms,	102
“ quinsy in the throat,	103
“ splenetic persons,	104
“ dropsy,	105
“ a cold,	106

For consumption,	No. 107
“ a sprain,	108
“ canker,	109
“ a lame side,	110
Green wound salve,	111
For old inveterate sore legs,	112
“ a stiff joint, or shrunk sinews,	113
“ a fellow,	114
Another for the same,	115
For a cancer,	116
Cure for a wen,	117
For the dropsy,	118
'To cure inward ulcers,	119
For the salt rheum,	120
'To cure the canker in the mouth,	121
For a burn,	122
For a weak stomach,	123
Cure for weakness in the side or breast,	124
“ for the phthisic,	125
For weakly obstructions in the female sex,	126
For bleeding at the nose,	127
Remedy for the dysentery,	128
'To stop blood from a fresh wound,	129
Remedy for rattles in children,	130
For the tooth-ache,	131
Cure for the cramp in the stomach,	132
“ for gravel,	133
For rheumatism in the loins,	134
A plaster to ease the pain of felons,	135
A cure for women's sore nipples,	136
A beer to guard against bilious fevers,	137
A bitter to go with the above,	138
For the rickets in children,	139

To destroy worms,	No. 140
Good salve for women's sore breasts,	141
For the numb palsy,	142
To take a film from the eye,	143
For women's sore nipples,	144
Pills for those who have a bilious habit,	145
A cure for henbane,	146
Cure for yellow jaundice,	147
An ointment for the bite of a dog or prick- ing of a thorn,	148
An excellent wash for all kinds of fretting sores,	149
To cure a burn, or scald, without a scar,	150
For dropsy,	151
An excellent drink for a dry cough, wheez- ing, and shortness of breath,	152
For a weak stomach, or indigestion,	153
For those troubled with pin worms,	154
For the jaundice in its worst form,	155
“ urinary obstructions,	156

AN INVOCATION.

That nice machine, the human frame !
O God! inspire my mind,
That I may understand the same,
No more to nature blind.

Inspire my tongue, inspire my heart,
And useful knowledge give,
That knowledge, too, may I impart,
And teach mankind to live.

To thee, great God, to thee I look,
For naught there is but thine ;
A lesson teach, 't is nature's book,
To read it then incline.

All mortals here ope wide your eyes
And view all nature's ways,
Thou art the great Physician, Lord,
To thee be all the praise.

RECIPES.

1. *For a Cough, or Phthisic.*

Take the dried leaves of rosemary, shred small, and smoke them in a tobacco pipe. It will help those that have a cough or phthisic, or consumption, by warming and drying the thin distillations which cause those diseases.

2. *For the King's Evil, or kernels of the Ears.*

Take the root of bastard rhubarb, dry it, and boil it in wine. Bathe the part affected, and drink a glass of it three times a day, before eating. It is also good for the stone or gravel, to drink the steepings of the root in Holland gin.

3. *An excellent wash for sore mouths, or canker.*

Take plantain, honeysuckles, sage and rosemary, equal parts, and boil them in sour wine ;

add thereto a little honey and alum. Wash the mouth with this as often as necessary. A few times will be sufficient. It is very harmless, but not more so than it is healing.

4. *For the Itch.*

Make a syrup of the juice of sorrel and fumitory. This is a sovereign remedy for that troublesome disorder. Use it inwardly, and the juice of sorrel and vinegar, as a wash, outwardly.

5. *For Deafness, Singing in the Ears, &c.*

Take the juice of sow-thistle, and heat it with a little oil of bitter almonds, in the shell of a pomegranate, and drop some of it into the ears. It is a good remedy for deafness, singings, and other diseases of the head and ears.

6. *An excellent Family Syrup.*

Take buckthorn berries, and boil them in water, until all the strength is out. Strain off, and press the berries hard. Then add one pint of molasses to the same quantity of juice, and simmer it as long as any scum rises, which must be taken off as fast as it rises. When it stops rising, stir it well and put it up for use. If the

weather is warm, add gin or brandy sufficient to keep it from souring. A large tea-spoonful is a dose for an adult. If it causes any griping, it may easily be remedied by steeping a little carraway seed with it, which will prevent its having that effect. It is very safe, but powerful, if taken in large doses, as are also the dry berries. From three to seven, are a smart dose for a grown person. They lose their strength by age, especially if exposed to the air.

7. *For Inflammation of the Heart.*

Make a decoction of red roses with wine, and apply it to the region of the heart, with a sponge ; or let the leaves remain in, and bind them on, over where your heart beats, shifting them often.

This is very good for St. Anthony's fire, and many other diseases of the stomach, also for pains in the head, and hot and inflamed eyes. Be sure to remember that red roses strengthen the heart, liver, stomach and retentive faculties.

N. B. The leaves should be dry for all the aforesaid purposes.

8. *For a Burn.*

Take an onion and cut it in halves, warm it a very little, (but not roast it, for that decreases its strength, and consequently its virtues,) bind

it on the affected part. It will stop the soreness and inflammation, by drawing out the humors, which always accompany a burn, if not prevented.

9. *For Palpitation of the Heart.*

Take two pounds of heart's ease, the same quantity of clover, that grows the north side of buildings or fences, three leaves of common door yard plantain, two ounces of white pine bark, and the same quantity of slippery elm, a table-spoonful of camomile, all cut fine, and put into an iron vessel, with one gallon of water. Let this simmer over a slow fire, till the strength is out of the herbs; strain it, and simmer again till quite thick. Add one pound of loaf sugar, while warm. When cool, add half a pint of the best brandy, to keep it from souring. Commence with a table-spoonful, and increase the dose to half a wine glass, every morning, on an empty stomach.

N. B. If the herbs be dry, take a less quantity for the syrup.

10. *For a Consumptive Cough, or Pain in the Breast.*

Take a table-spoonful of tar, three spoonfuls of honey, the yolks of three eggs, beat them

well together, then add half a pint of wine, and beat them again. Then cork it up tight for use. Take a tea-spoonful three times a day, before eating. Be sure to drink nothing but barley tea for your constant drink.

11. *To cure Vegetable Poison.*

Take yellow blowed celandine, hawk weed, and toad plantain, in equal parts. Bruise them fine, and boil them in milk for a length of time sufficient to get out the strength. Wash the affected part with this, seven or eight times a day, and drink bitters of Indian milk weed root, steeped in gin, to keep it from striking to the stomach. This, if made strong, will physic the blood, and cure the disorder entirely. This is a simple and easy remedy.

12. *An excellent remedy to stop Vomiting.*

Take green wheat or green grass, pound it and pour on boiling water, and sweeten with loaf sugar. Press out the juice, and let the patient drink a table-spoonful every ten minutes. Or, take gum camphor, pounded fine, mix it with boiling water, sweetened. The same quantity will answer for a dose as the other.

13. *A Cure for Bleeding at the Stomach.*

Take one pound of yellow dock root, dry it thoroughly, and pound it fine. Boil this in a quart of milk, and strain it off. Use one gill three times a day, also one pill a day, made of turpentine, from the end of a white pine log, and honey, equal parts. This will heal the vessels that leak.

14. *Pills for the Hysterics.*

Take the leaves of motherwort and thoroughwort, and poplar bark, from the root of the tree. Pound these fine, and sift them through a fine seive. Mix with molasses, and make it into pills, and take four of them when the disorder is coming on. This will settle the head, and make every thing as calm as a clock!

15. *Strengthening Plaster.*

Take a pitch pine knot and boil it in water, till all the gum is out. Then let it cool, and take off the pitch. Spread a plaster of this, and wear it on the side or breast, or wherever it may be wanted. If it is too powerful, temper it with a little rosin or beeswax.

16. *For the Rheumatism.*

Take a table-spoonful of pitch from a white pine log, the same quantity of sulphur, and a spoonful of honey. Add these to two quarts of the best fourth proof brandy, and shake till it is dissolved. Cork it up tight for use. Take a table-spoonful three times a day, before eating, and bathe the part affected in salt, and some of the same brandy, as hot as you can bear it.

17. *For Children troubled with worms.*

There are many things good for children in this case. The leaves of sage, powdered fine, and mixed with a little honey, a tea-spoonful for a dose; or flour of sulphur, mixed with honey, is good for worms. Sweetened milk, with a little allum added to it, is good to turn worms.

18. *For the Dropsy.*

Take one pound of prickly ash bark, bark of sassafras root one pound, fever wood bush half a pound, four ounces of parsley roots, four ounces of the bark of black birch, four ounces of horse radish roots, and three ounces of garlicks. Boil them all in three gallons of small beer. Drink a gill three times a day.

19. *For the Toothache.*

If the tooth be hollow, put in as much blue vitriol as it will contain. This repeated for a few days will kill the marrow.

20. *For Weakness and General Debility of the Whole System.*

Take of lovage root half a pound, four ounces of burdock roots, and half a pound of comfrey roots to four quarts of water, and let it boil moderately for the space of two hours, strain it off and then continue to boil it down to one quart, add half a pint of the best Holland gin, and one pound of honey, or loaf sugar will do if honey cannot be procured; put it into a bottle, and cork it tight for eight and forty hours, when it will be fit for use. Dose, a table spoonful three times a day before eating. This syrup has been known to perform a great many cures after every other remedy had failed, and the most celebrated physicians' skill entirely baffled.

21. *For a person that is strained, or weak across the Kidneys.*

Take one pound of the inner bark of witch hazel to two quarts of milk, and the same quantity of water, all boiled together, and drink of it

three or four times a day, about one gill at a time. This treatment for a few days, will generally give relief, without further process.

22. *For the Phthisic in Children.*

Take two ounces of liquorice stick, of parsley roots four ounces, four ounces of spikenard, four of snakeroot, boil them well in four quarts of water. After it is strained, sweeten it with loaf sugar, or honey ; dose, a glass night and morning.

23. *A Cure for the Jaundice.*

Take half a pint of the last milk that can be obtained from a cow, and a small handful of yellow blowed celandine ; put into a cloth and pound them ; then squeeze it till the juice is out, and then mix and drink the whole, while warm, every morning before eating, for the space of nine mornings in succession, which will generally be sufficient ; but if obstinate, or of long standing, it will be necessary to omit it for nine mornings, and then take it for the same space as before, which will be sufficient to cure the disorder in its worst form and longest standing.

24. *For a Cough.*

Take of hoarhound a small handful, and about as much garden colt's foot, two^rtable spoonfuls of

sage, and one of saffron, well simmered together. Strain it off, add half a pint of molasses, and simmer it again for the space of three hours, with a moderate fire, and while it is hot, add one gill of the best Holland gin. Dose three times a day. Commence with a table spoonful, and increase to half a wine glass full. This is a safe remedy and may be relied on for a cough of any kind, except the whooping cough.

25. *For the Catarrh in the Head.*

Take four ounces of snake root, four ounce of blood root, and four ounces of yellow doc root, split and dried well, one ounce of cinnamon, and half an ounce of cloves; pound them as fine as snuff, and use it as snuff ten or twelve times a day. Smoke a pipe full of cinnamon and tobacco every night. Sweat the head with brandy, camphor and hemlock; put a little camphorated spirits into the hot liquor to sweat.

26. *For Swellings that come of their own accord.*

Take an ointment made of melilot, saffron, alder tags and sugar of lead, simmered in hog's lard; strain it, annoint the affected part, and take something to guard the stomach before ointing. If done in season, it will scatter the swelling.

27. *A cure for Corns.*

Spread a plaster of white pine turpentine, put it on the corn, let it stay till it comes off of its own accord. Repeat this three times, and it will effect a cure.

28. *For a Stiff Joint, or Shrunk Sinew.*

Take a small piece of blue vitrol, about as large as a chestnut, half an ounce of green melilot, half an ounce of oil amber, half an ounce of yellow besilicom. Simmer them to an ointment. Apply this to the affected part, and put it on the joint above. This often repeated, will perfect a cure.

29. *For a Strained Stomach.*

Take one third of a pound of pitch from the end of a white pine log, the same quantity of sulphur, and half a pound of honey; simmer well together, take two pills of this every day before eating. There is but one chance in this medicine for a person to be disappointed. That is, it generally effects a cure before the medicine is half used up.

30. *A good medicine for Inward Hurts or Ulcers.*

Take genseng roots, angelica, elecampane, masterwort, comfrey and spikenard roots, a pound

of each, one pound of camomile, two pounds of fir boughs ; put them into one gallon of rum and two gallons of water ; still these, and draw off six quarts. Take a small glass night and morning.

31. *A valuable remedy for the Bilious Cholic.*

Take one gill of West India molasses, one gill of West India rum, one gill of hog's lard, and the urine of a beast one gill. Simmer these well together. This will seldom if ever fail of performing a cure.

32. *For Weak and Inflamed Eyes.*

Take the pith from the stalk of a sassafras bush, mix it with a very little water, about blood warm. Wash the eyes three or four times a day. This is far superior to the most celebrated eye water. Keep clear of greasy victuals.

33. *A cure for the Gravel in the Bladder, or Kidneys.*

Take the herb called heart's ease, make a strong tea of it, and drink plenty ; or make the root of Jacob's ladder into a tea, and drink of that. It is a most sure remedy, and has proved to be the best thing known.

34. *Cure for the Asthma.*

Take two ounces of elecampane root, two ounces of sweet flag root, two ounces of spike-nard root, and two ounces of common chalk; beat them in a mortar, till they become very fine, then add one pound of honey, and beat them all together. Take a tea-spoonful three times a day.

35. *For a person that has been troubled with a Weak Stomach for a long time.*

In the first place, omit taking all kinds of medicine whatever. Take rye, wash it clean, and boil it in the same manner as you would rice. Make this your constant diet. This may be eaten with molasses, or in milk. Be sure and not take any other kind of food whatever, till you are thoroughly satisfied that you can bear it. Drink a tea of white pine bark and slippery elm. This has been known to cure persons who have been troubled with a weak stomach for years, and become so much reduced as not to be able to bear half a cracker at a meal.

36. *For the Dysentery in its worst form.*

Take the bark from the root of a spruce, and scrape it up towards the body of the tree. Dry this and pound it fine, sift it through a fine seive, mix a tea-spoonful of this with half a glass of

warm water, and drink it. If this does not answer, repeat the dose again in two hours, which will generally be sufficient. After this, make a strong tea from the inner bark of witch hazel, sweeten it with loaf sugar, and add a little milk. Drink of this freely.

37. *For a person that has strained his Stomach, and spits Blood.*

Take rosin, fresh butter and loaf sugar, equal parts of each, bray these well together, and take a tea-spoonful three times a day before eating. This for a few days, will generally give relief.

38. *For the Phthisic.*

Take a seed bowl of a skunk cabbage, that grows close to the ground, at the bottom of the leaves. Cut it up fine, stew this in four ounces of hen's fat till it is dry. Strain it off, take a tea-spoonful three times a day. Make a syrup of queen of the meadow roots, and white swamp honey-suckle blossoms. Sweeten this with honey, add to a quart of syrup half a pint of brandy. Rarely fails.

39. *St. Anthony's Fire, cure for.*

Take of fine spirits of turpentine and highly rectified spirits of wine, equal parts, mix these well

together, and keep it tight from the air. Anoint the affected part often with the composition, after shaking the bottle. Be a little careful not to approach the eyes. It can be done with a feather to the best advantage. This often effects a cure in two or three days. After it has pretty much healed, anoint with mutton marrow. This serves to soften, and helps allay the inflammation.

40. *For any kind of Urinary obstructions.*

Take good ripe pumpkin seeds, dry them and pound as well as you can conveniently; add one quart of good gin to one gill of the pounded seeds. Keep it in some warm place till the gin is tolerably well tinctured with the seeds. Drink a wine glass of this three times a day before eating. This will be found to answer your most sanguine expectations.

41. *To cure a Wen.*

Take clean white linen rags, and burn them on some kind of pewter ware, and collect the oil of the rags on the pewter with lint. Cover the wen with this oil twice or three times a day. This must be continued for some time, and the wen will generally drop out without further trouble.

42. *Ointment for the Piles.*

Take sweet elder, the inner bark, and simmer it in sweet cream, the juice of camomile pounded and pressed out, and mix a table-spoonful of this with a gill of the above, and use it night and morning constantly. This perhaps is as good a remedy as can be made externally for that troublesome disorder.

43. *For the Jaundice.*

Take a large handful of black alder; cut it up fine and boil it in a quart of old cider. Let it cool, and then drink of it freely. This is very good to remove this disorder.

44. *A cure for Frost bitten Feet.*

Take the inner bark of elder and simmer it in hen's oil, and rub the affected part with it twice a day over a warm fire; at the same time wrap the frost bitten part in a piece of woollen cloth well greased with the same. In a few days this will effect a cure.

45. *Pills for all dull and heavy pains in the Head.*

Take of ginger and spikenard, of each two parts; the seed of sage toasted at the fire, eight

parts; of long pepper, twelve parts; bring all these to a fine powder; add thereto of the juice of sage sufficient to make them into a mass for pills; use them after the following directions. Let one ounce of the mass or composition answer for sixteen doses. Take a dose of them every morning, fasting, and also at night; drinking a little cold water after them.

46. *For the Jaundice.*

Take the juice of cinquefoil or five-fingered grass, in new milk, every morning before eating or drinking, in the following manner. To every gill of milk add one glass of the juice; this must be drank while warm; continue this treatment for a number of days, and your complexion will satisfy you of its good effects. For what you see with your own eyes, you will be sure there is no deception in.

47. *Old Ulcers and Sores, an ointment for.*

Take the leaves of thoroughwort, shinleaf and pipsisway, pound them and press out the juice and simmer it with hog's lard or goose grease; add thereto a little rosin and juice from the green of elder; simmer the whole for half an hour, stirring it well the whole time; anoint often with this, and you will be plagued to find your sore in a very short time. At the same time drink

the decoction of thoroughwort in water and wine three or four times a day.

48. *Cure for Sores without inflammation.*

Take half a pound of the oil of spike, one pound of mutton tallow, one pound of hog's lard, heat them over a moderate fire till they are melted, then add a little rosin and beeswax, which will make it to a salve. This will cure all common sores.

49. *A valuable remedy for the Piles.*

If outward, make an ointment of the leaves of burdock, sage, parsley and camomile; simmer them in hog's lard or fresh butter and sweet oil; anoint the parts with it; drink half a gill of tar water three times a day; but if they are inward, drink essence of fir every night and tar water twice a day; a small half glass of this followed up for a month or two will effect a cure.

50. *For Children that cannot hold their Water.*

Take the bark off a green red beech tree; dry this and pound it up fine; steep it in wine; give a table spoonful at a time once a day.

Pages 125-132 missing

76. *Another for the same complaint.*

Take of white mustard a tea-spoonful every time before you eat, and drink a tea made of strawberry leaves and thoroughwort. This may be drank cold. It will keep the bowels loose without other physic.

77. *Cure for the Stranguary.*

Make a strong tea of clivers, the inner bark of witch hazle and mullein. Sweeten it with loaf sugar, and add a table-spoonful of gin to every pint of tea. This is sure to give relief by carrying the disorder off in the water.

78. *Cure for a Sore Throat, if taken in season.*

Boil a small bag of white beans till they are quite soft, and bind them on the neck as hot as you can bear them, and keep them warm with hot flannels, changed often. Drink a strong tea of pennyroyal, as warm as you can bear it. This will generally sweat it away in the course of six or eight hours. After this, be a little careful about taking cold.

79. *For Weak Nerves.*

Take the roots of Indian umbel, or as some call it, nervine, or ladies' slipper. Pound them

fine, and sift them through a fine seive. Cork it up tight from the air. Take half a tea-spoonful for a dose, in hot water, sweetened. This is used by the Indians for all disorders of the nerves.

80. *Excellent Family Pills.*

Take the inner bark from the roots of a butternut, scraped down ; balm of Gilead and white ash bark. Boil these in fair water until all the strength is out. Take out the bark, and continue to boil it down until you can work it into pills. This is a healthy physic, and good in all cases where cathartics are needed.

81. *A Beer for Cancers.*

Take the tops and roots of the whortleberry bush, sarsaparilla roots, and hop roots, one pound of each ; three ounces of blood root, three ounces of unicorn roots, and half a peck of barley malt ; make of these ingredients seven gallons of beer. Take half a gill for a dose, three times a day. This beer is very palatable.

82. *Cure for the Dysentery.*

Take a quantity of ripe sweet elder berries, press out the juice, simmer it over a slow fire,

add some brown sugar, and let it set till it becomes a thin syrup. Then add one-third the quantity of brandy and cork it up tight in a bottle. It is then fit for use. If a grown person, take a wine-glass full for a dose. If a child, half the quantity will be sufficient. It may be taken three or four times a day. This medicine has proved good in many cases where all other remedies have failed.

83. *For the Dropsy.*

Take pipsisway, and make a strong tea of the herb. This is very good in dropsical cases. A table-spoonful is a dose ; to be taken every hour with a little syrup.

84. *For Asthmatic Coughs.*

Take one pound of sliced garlic, and one quart of boiling water, and let it soak for ten or twelve hours, keeping the water warm all the while. Then strain off, add four pounds of double refined sugar, and bottle it up. This is an excellent syrup, and may be used to advantage. A tea-spoonful is a dose, when you feel like coughing.

85. *Rheumatism, cure for.*

Take a single handful of sassafras bark, from the root, one ounce of guin camphor, one ounce

of grated ginger root, and one quart of best brandy. Let the whole be steeped moderately eight or ten hours. For a dose, one-third of a wine-glass, three or four times a day. Increase the dose if necessary. Bathe the part affected with the same, and use considerable friction with a red flannel, as hard as you can bear it. This generally gives relief in a few days, by being careful about taking cold for a short time.

86. *Another.*

Use a small lump of alum, as big as a walnut. Pound it fine, and dissolve it in water; bathe the affected part every night and morning, and keep a piece in your pocket, and you will seldom, if ever, be troubled with this painful disorder. This looks rather too simple to be relied on, but it is one of the best remedies known, and comes well authenticated. We all know that red flannel is the best article that ever was worn for the disorder. It is the alum which is in the cloth which makes it preferable to any other color.

87. *For Weak or Weeping Eyes.*

Make a strong decoction of camomile, boiled in sweet milk. Bathe the eyes with this several times a day, as warm as can be suffered. If this remedy is persevered in for a length of time,

it is most certain to effect a cure. It may be necessary to follow this treatment for six or eight weeks; but this would be nothing if you only come off conqueror at last.

88. *How to destroy Worms in the human species.*

Take the spiky tops of wormwood, the blows of tansy and bark from the root of sassafras, pound them fine, and sift through a fine seive. Then take the bright scales of iron from a smith's forge, two or three ounces; pound and mix this with the above carefully, so that the iron may be properly mixed with the composition. A small tea-spoonful is a dose for a grown person, every night and morning, on an empty stomach, for three days. It must be mixed with molasses. Physic the fourth day with any convenient physic.

89. *For the Rheumatism.*

Take a handful of horse-raddish roots, the same quantity of prince of pine, and a little of prickly ash bark, elecampane roots, bitter-sweet root bark, wild cherry tree bark, mustard seed, and a pint of tar water. Put this into two quarts of brandy, and drink a small glass full three times a day, before eating. Wash the affected part with salt and rum, by a hot fire.

90. *To Cure Vegetable Poison.*

Take wild turnips, if green pound them, and press out the juice. If they are dry, boil them in water, and wash the part affected with the liquor. Add a little saffron and camphor to part of the liquor, and take it inwardly to guard the stomach.

91. *For a Cough.*

Take half a pound of brook liverwort, half a pound of wild liquorice, two ounces of elecampane, four ounces of Solomon's seal, half a pound of spikenard, and four ounces of camphor; put these in one gallon of water, and boil it down to one quart; then add one pint of spirit, and two pounds of honey. Take half a glass, before eating. It is a fine thing for a cough.

92. *A Pill for the Hysterics.*

Take a quantity of Canada or white root, and boil it in fair water; strain it, and boil the liquor down so thick that it may be made into pills. When the disorder is coming on, take two or three pills at a dose.

93. *To stop Bleeding at the Stomach.*

A table-spoonful of camomile tea, every fifteen minutes, till the bleeding stops; it will give sometimes instantaneous relief.

94. *For the Dropsy.*

Take currant leaves, and steep them in water, and make a tea of them, for common drink, It is good for swelled limbs, &c., and answers the best turn for dropsical complaints of any thing known.

95. *For Wind in Children.*

Take ginseng roots, pound or grate a little into warm water, and sweeten it with loaf sugar. This given warm will afford relief.

96. *To drive out Humors.*

Take saffron and snakeroot, equal parts of each; make this into a strong tea, and drink of it occasionally. This is good to drive out humors, and keep any kind of disorder from striking to the stomach.

97. *For a Stoppage of Urine.*

Take a spoonful of the buds of currant bushes, and one spoonful of honey bees; steep them very strong in hot water. Drink two spoonfuls for a dose, every half hour.

98. *For the Dysentery in Children.*

Take the roots of cat-tail flags, wash them clean, and boil them in milk. Sweeten it with loaf sugar, and feed them with it every day.

99. *For Children troubled with a Relapse.*

Take half a tea-cup full of new milk, and add to this two tea-spoonfuls of good brandy, and scald it. After it cools, feed the child with it freely, and continue this for several days. It will effect a cure.

100. *A Beer for the Liver Complaint.*

Take fever-bush, wintergreen, checkerberries, hops, and black birch twigs. Make these into a beer, and after it is fermented, bottle it up. Add a tea-spoonful of ginger and loaf sugar, to a tumbler full of the beer, before drinking. It is a healthy and good drink.

101. *For Convulsion Fits.*

Make a tea of convulsion roots and drink it, or powder it fine, and take the powder in small doses. It seldom fails of a cure.

102. *For Fits caused by Worms.*

Take cream sweetened with molasses, and pour it down the throat of the child; it will immediately give relief, and turn the worms. It is one of the best things known, and very harmless.

103. *For Quinsy in the Throat.*

Take spotted cardis, boil it in milk and water, steam the throat with this by holding a pot under it, as hot as can be borne, also hold some of it in the mouth. After this, wear a piece of black silk round the neck, and it will prevent a return of the disorder.

104. *For the Spleen.*

This is a disorder which, as well as all others, needs a remedy, and the most effectual way to rid yourself of it, is to eat any thing you can make your stomach digest, in the first place; and in the next place, be your own judge whether the food you eat, distresses you, or not. There will probably be now and then articles which you would do well to avoid, such as saddle-bags and directions which commonly accompany them. Above all things, these are the first to be avoided. Never overload your stomach

with that which you know will cause uneasiness. If you happen to feel a pain in the side or breast, see if you cannot recollect feeling the same, a dozen times before in your life, which had not killed you. Be sure to have your mind and disorder but little acquainted with each other, and among all the rest, if the above directions do not effect a cure, drink out of cups and cans, made of tamarisk. If, after following these directions for one month, you do not perceive that it has done more towards a cure, than all the medicine you ever took in your life, you may depend upon it, your chance, for ever being cured, is small.

It is easier to bring on such disorders, than it is to cure them, when they have got seated, I believe the same treatment which we are told will cure dyspepsia would make a dyspeptic of a stout healthy person. In the first place, it is bringing a person completely out of their bias. For instance, you shall take a person that has always been used to hearty food, as it is called, and perhaps other habits, such as using tobacco, and drinking a little cider, &c.,—and break him off from all these things, and restrict him to coarse bread, and water, and milk toast, without salt, and he will directly have to make use of physic, which will reduce his strength. He gets no nourishment from his food, for there is but little to it, or at least it does not serve to keep up his strength, for his cathartics weaken faster than his slender diet can strengthen him. You can say there is no need of physic, but I

can tell you it is impossible for a person to do without and live on such a diet as is usually prescribed in such cases. This will make a dispeptic in one month's time, or my ideas are incorrect.

105. *For the Dropsy.*

Take the roots of dwarf elder, make a tea of them, and drink a tea-cupful after every discharge of urine. This has been known to perform cures when other remedies have failed.

106. *For a Cold.*

If you are attacked with cold chills, a pain in the breast, head or back, bathe the feet in warm water, just before going to bed, and drink freely of strong snake-root tea. It is a good thing, and if you are a little careful, will drive away a cold of the worst kind.

101. *For Consumption.*

Take a handful of hoarhound herbs, put them into two quarts of water, and boil them down to one. Strain it off, and then add some honey or molasses. Set it on a moderate fire, to mix, and add a little rum. Then bottle it

and cork it up tight. Take half a tea-cupful of this, with as much more milk warm from the cow, before breakfast. Repeat this dose about noon, on an empty stomach. Also, take a chafing dish, and dissolve over it some yellow wax and rosin, equal quantities of each. Let the patient remain in the room, as long as he pleases, and repeat this several times a day.

108. *For a Sprain.*

Take one spoonful of honey, the same quantity of salt, and the white of an egg. Beat the whole together for an hour or two. Then let it set an hour, and after this, anoint the sprain with the oil that will be produced from the mixture, keeping the affected part well rolled with a good bandage. This is said to be the best thing ever known, for a sprained ancle, and will readily effect a cure.

109. *For the Common Canker in Children.*

Take canker root, or, as it is sometimes called, cold water root. Wash it and pound it, then steep it in cold water, wash the tumor with this water, and drink of it. This will generally effect a cure.

110. *For a Lame Side.*

Take common mullein leaves, wet them in hot vinegar, apply these to the side, confine them with a flannel bandage two or three thicknesses round the body, and change the leaves often. This treatment for a few days will give relief.

111. *Green Wound Salve.*

Take the green of elder, pipsisway, shinleaf and melilot, equal parts of each; pound these fine, and simmer them in sweet cream. Apply this to the wound. It never fails curing.

112. *For old inveterate Sore Legs.*

Take green horse dung and simmer it in hog's lard. Apply this to the sores, and change it twice or three times a day. This has been known to perform cures when every other remedy had failed.

113. *For a stiff Joint and Shrunk Sinews.*

Take the skin of a codfish, wet it in strong red pepper water. Bind this on the joint, taking care to have it come at least six inches above and below the joint. Change this as often as dry, use considerable friction, and anoint the cords

with a salve made of the following materials. Take white oak bark and sweet apple tree bark, equal parts, boil these in three quarts of water till all the strength is out; strain off and simmer again till quite thick, add the same quantity of goose grease that you have of syrup. Mix these while warm, and anoint the joints and cords.

114. *For a Felon.*

Take a handful of wild turnip roots, and as much blue flag root, stew them both in half a pint of hog's lard, strain it, and then add four spoonfuls of tar, simmer them together, apply this till the felon breaks; add rosin and beeswax to the ointment for a salve to dress it with after it is broken. This is a cure without losing the joint.

115. *Another.*

Take the yolk of an egg, one spoonful of the juice of heart's-ease, one spoonful of vinegar, scrapings of the pot one spoonful, one of pepper, one of honey, and one of salt. Mix these well together. Apply this to the felon. It is a cure, without losing the joint or nail.

116. *Cure for a Cancer.*

Take the bark of red oak, and burn it to ashes. Apply this to the cancer till it is eaten out.

Then apply a plaster of tar to cleanse and heal the sore.

117. *Cure for a Wen.*

Take a small piece of blue vitrol, dissolve it in a little water, wash the wen in this a few days, and it will break. Make a salve of melilot, mutton tallow, and beeswax to heal it up.

118. *For the Dropsy.*

Take half a pound of elecampane root, and half a pound of blue flag root. Boil this in two gallons of water. To one quart add one pint of molasses. Take half a gill before eating, three times a day.

119. *To cure inward Ulcers.*

Take two ounces of sassafras root bark, two ounces of blood root, two ounces of coltsfoot, and two ounces of gum myrrh. Steep these in two quarts of spirit, live on simple diet and drink a small glass every morning. For common drink make a beer, of barley malt one peck, one pound of comfrey root, two pounds of spikenard root, two ounces of burdock roots, black spruce boughs five pounds, fennel seed four ounces, angelica root one pound. Make ten gallons of

beer of this. Exercise but little, and drink a quart a day.

120. *Cure for the Salt Rheum.*

Take beef bones, burn them in the fire till they become white, pound them fine, sift them, mix the powder with molasses; take it three times a day, before eating. Continue this for several days, take a cabbage stump, scrape out the inside, put it into cream and simmer it well. Anoint the part affected. This has been known to perform great and wonderful cures.

121. *To cure the Canker in the Mouth if ever so violent.*

Take the scrapings of a blackberry briar root, a few sumach berries, a little saffron, a little sage, and some gold thread or yellow root. Put with these a little allum, some vinegar and honey, simmer this on hot ashes, after adding a little water. Wet the mouth often. It seldom fails of a cure.

122. *For a Burn, if very obstinate.*

Take the inner sole of an old shoe, burn it to ashes, sift the ashes, and sprinkle this on the sore. This will dry it up directly. Take the

bark of a sumach root, simmer it in cream, and anoint the part affected with this often. It is an excellent cure.

123. *For a Weak Stomach.*

Take saffron, spikenard root and camomile, rose leaves, pink leaves and lovage root. Boil these together in a quart of water, strain it off, and add half a pint of brandy, and one pound of loaf sugar. This is the best syrup for a weak stomach known.

124. *For all sorts of inward weakness, pains in the stomach or breast.*

Take four pounds of red clover, twenty pounds of fir boughs and one pound of spikenard. Mix these with ten gallons of cider, and put them into a still. Draw off three gallons and drink half a gill night and morning. It is an excellent essence and very good for inward complaints.

125. *Cure for Phthisic.*

Take three egg shells, roast them brown, and pound them up coarsely; mix these with half a pint of molasses, take a spoonful three times a day. The cure is effectual in common cases.

126. *For weakly obstructions in the female sex.*

Take white pond lily roots, turkey root, blood root, wild liquorice and heart's ease herbs, equal parts of each, and double the quantity of female flowers. Make them into a syrup, boil out all the substance in clear water, strain it off, add a little honey, and rum enough to keep it from souring. On going to bed, every night, drink half a gill. This is very strengthening and will throw off obstructions. Keep the small of the back warm by wearing thereon a flannel.

127. *For bleeding at the Nose.*

Take common nettle roots, dry them, and chew them every day as you would tobacco. Continue this three weeks.

128. *Remedy for the Dysentery.*

Take three ounces of white pine bark, after the ross is off, and three pints of water; simmer it down to one quart, strain it off, and then add to it one half pint of West India molasses, and half a pint of West India rum. If the patient be a grown person, take the whole; for a child, half. This remedy, though simple, seldom fails.

129. *To stop blood from a fresh wound.*

Take three different kinds of herbs, you need not be particular what kinds, chew them, and

apply the spittle to the wound. This remedy is good for man or beast. It is simple and easy, being always at hand.

130. *Remedy for the Rattles in Children.*

Take blood root and pound it to a powder. Give a tea-spoonful for a dose, and if one dose does not break the bladder, repeat it often. This has seldom been known to fail of a cure.

131. *For the Toothache.*

If the tooth be hollow, clear it, take a piece of fresh dug bloodroot, break it open, and apply the bleeding part to the marrow of the tooth. It will give immediate relief, and is an easy medicine.

132. *A cure for the Cramp in the Stomach.*

Take the oil of lavender, and put ten drops on loaf sugar or in a little wine. If this does not give immediate relief, repeat the dose once an hour. It very rarely fails.

133. *A cure for the Gravel.*

Take heart's ease herbs, make them into a
8†

strong tea, and drink of it freely. This is a good remedy in many cases.

134. *For the Rheumatism in the Loins.*

Drink brandy, and bathe the affected part with salt and rum by a hot fire. Continue this for a week or more. It generally effects a cure.

135. *A Plaster to ease the pain of Felons.*

Take a pitch pine knot from the side of an old log that lays next to the ground, then boil four ounces of strong tobacco. After the strength is out, strain off, boil this liquor until it is thick, then add the pitch and simmer it over a moderate fire, stirring it all the while till it forms a salve. Make a plaster of this and wherever the sore is, lay it above the next joint. This will in a short time ease the pain. Dress the sore with any other good salve. This plaster is very good, and seldom fails of giving relief.

136. *A cure for women's Sore Nipples.*

When the infant stops nursing, apply clear molasses. This seldom fails of a cure. It is a very easy medicine.

137. *A Beer to guard against Bilious Fever.*

Take elder roots, burdock roots, spruce boughs, white ash bark, sarsaparilla roots, hops and spikenard. Make small beer of this, and drink of it often. Take powdered bloodroot and mandrake roots, mixed together, once a quarter, for physic, and you will seldom, if ever, have an attack of the bilious fever.

138. *A Bitter to go with the above.*

Make a bitter of unicorn bark and roots, quassia wood roots, and the dust of common hops. Those who follow this rule, will seldom be troubled with fever, jaundice, or any bilious complaint.

139. *For the Rickets in Children.*

If any part of the body be outwardly affected with this disorder, bathe it thoroughly with good brandy, and take turkey root, steeped in wine, for a drink, three or four times a day.

140. *To Destroy Worms in sickness or health.*

Take a table-spoonful of molasses, and mix it with a tea-spoonful of the rust of tin. This is a safe remedy.

141. *Good Salve for Women's Sore Breasts.*

Take one pound of spikenard, half a pound of comfrey, and one pound of tobacco; boil these in three quarts of chamber lye till almost dry, then press out the juice, and add to it pitch and beeswax enough when simmered, to give it the consistency of salve. Apply this to the part affected.

142. *For the Numb Palsy.*

Bathe the part affected, with spirits of harts-horn, and let the patient take a table-spoonful of flour of sulphur, once an hour; and take one pound of soft brimstone, boil it in four quarts of water down to one quart. Let the patient drink a table-spoonful once an hour. If applied in season, this will carry it off.

143. *To take a film from a person's Eye.*

Take sugar of lead, make it very fine, blow a little of it into the eye, morning and night, by means of an oat straw, and when the film is nearly consumed, apply to it a drop of hen's oil, once a day, until it is well.

144. *For women's Sore Nipples.*

Take balsam fir, make a plaster of it, and

apply it as often as possible. It will effect a cure in a few days.

145. *Pills for those who have a Bilious Habit.*

Take two pounds of sweet rind aloes, four ounces of pulverized bloodroot, two ounces of saffron, two of cloves, and some juice from the bark of butternut, boiled till it is thick as molasses. If you wish these pills to act as physic, take four or five on going to bed.

146. *A Remedy for those who have taken Henbane.*

Drink goat's milk, honeyed water or pine kernels, or if neither of these articles can be obtained, use the seed of cresses, garlic, or onions, or mustard, fennel seed, or the seed of nettles. Take any of the above, in wine. It will help to free from danger, and restore the person to health again.

147. *A Cure for the Yellow Jaundice.*

Make a syrup of the juice of hops and sugar in the following manner: Pound the hops, and press out the juice, then add the same quantity of loaf sugar you have of juice, and simmer the

whole as long as any scum rises. If the weather be warm, a little brandy is necessary to prevent souring. It is perfectly safe, and may be used at discretion. The best time to take it is in the morning, on an empty stomach.

148. *An Ointment for the Bite of a Dog, or Pricking of a Thorn.*

Take green leaves of hoarhound, bruise them, and boil them in old hog's grease into an ointment, and apply it to the wound. Continue this for a short time, and the swelling will abate, and the sore be completely healed.

149. *An excellent Wash for all kinds of Fretting Sores.*

Take one part of plantain water, and two parts of the brine of powdered beef, boiled together, and clarified. It is a most sure remedy to heal all spreading scabs, or itch on the head or body, all manner of tetters, ring worms, the shingles, and all other running and fretting sores.

150. *To cure a Burn, or Scald, without leaving a Scar.*

Take the roots of white pond lilies, and roast them with hog's lard, to the consistency of a

poultice, and bind it on the wound with a linen bandage. It is a good remedy for scald heads. It is also good to unite sinews when they are cut.

151. *For the Dropsy.*

Take the juice of the above mentioned lily, temper it with barley meal, and bake it for ordinary bread. This has been known to effect a cure when medicine refused to do it. This is so harmless, there can be no danger in making a trial of it. Perhaps it may not answer for all, but if we can get rid of a disorder by a systematic diet without medicine, reason will teach us that it is the best way of doing it.

152. *For a Dry Cough, Wheezing, or Shortness of Breath.*

Take liquorice, and boil it in spring water, with some maidenhair and figs, and use it for constant drink. It is good for all diseases of the breast and lungs.

153. *For a Weak Stomach, or Indigestion.*

Take dried roots of lovage, half a drachm at a time, powdered and in wine, three times a day before eating. It helps to warm a cold stomach,

and clears it of all raw and superfluous moisture, which always exists when a person is troubled with indigestion. Want of action at the stomach is the cause. Any thing therefore which will produce an action by warming the stomach and assisting it to throw off the cold and superfluous saliva, must, according to the nature of things, be beneficial in such cases.

154. *For those troubled with Pin Worms.*

Take the tops and blows of Canada thistles, and boil them in spring water, until the strength is out. Strain off the liquor, and simmer it down, until it becomes quite thick, add the same quantity of molasses, you have of syrup; give for a dose, a wine-glass, for an adult, and repeat every hour until it operates, which rarely fails of clearing the patient of those troublesome creatures.

155. *For the Jaundice in its worst form.*

I insert this by request of an aged gentleman, whose hoary head has numbered more than seventy winters, who informed me that when he was twenty-seven years old he was given up by all the physicians in the vicinity where he then resided, to die with what they styled the black jaundice, and that he was so much reduced, as to be totally incapable of

making the least exertion, when, luckily for him, an aged woman happened to come into the neighborhood, and hearing of his illness, called at his house, and made known her errand. 'Sir,' said she, 'I perceive you are quite out of health. I heard of your difficulty this morning, and have called to inform you of a medicine, which, I think, will relieve you of your suffering, and put you on the road to health again. It would be a thousand pities for a young man like you to die with a disorder which, I think, could be so easily cured.' She then inquired if they kept a red cow; and after being informed that they did,—'Now,' said she, 'I want you to promise me that you will use no other medicine except the kind I shall prescribe,' and after receiving a promise from him to that effect, informed him all she wanted him to take for medicine, was half a pint of urine, warm from their red cow, once in the space of twenty-four hours, and live on light food, until he should be sensible that food of any kind would not distress him. She then told him that she must leave him, and would take nothing for her advice, but conjured him, as he valued his life, to be sure and follow her directions. The old gentleman confessed that he had but little confidence in the medicine, and would not try it, until he thought he could see death stare him full in the face, and then, like a drowning man, catching at a straw, resolved on trying the old lady's medicine; and, to the astonishment of himself, and all who saw him, he re-

covered, and in less than six weeks was able to attend to his business as usual. He likewise informed me that in the course of his life, he had frequently had ill turns, but always resorted to the medicine which saved his life, and said he was determined never to use any other.

156. *For Urinary Obstructions.*

The common mulberry bush, made into a tea, and drank freely, is good for all urinary obstructions. It is perfectly harmless in its operation.

157. *How you may keep clear of infection and poison.*

Take two dry walnuts and as many good figs and twenty leaves of rue, bruised and beat together, with two or three corns of salt and twenty juniper-berries, which taken every morning fasting, preserves from danger of poison and infection, that day it is taken.

A T R E A T I S E

On a complication of Diseases called by the following names, Dyspepsia or Liver Complaint, Bilious or Nervous Affections, Extreme Debility, Weakness, &c.

As these are disorders which are becoming so common among mankind, and with which, by experience, I am thoroughly acquainted, it may not be thought presumptuous that I should offer a few remarks describing the manner in which the above disorders have been scientifically treated.

First, when the patient feels himself disordered, and can no longer attend to his usual occupation, he is at a loss what to do. Something ails him, he knows not what, and here his reason wavers. The lesson, that in early childhood was deeply instilled into his mind, by the sly and deceitful assistance of art, like a courted phantom, now lures him away with the dreadful thought that he can do nothing for himself. Divested of all reason, he thus places himself in the hands of one in whom he has been taught to place entire confidence. He makes application to some learned prescriber, and here the long and dreary performance commences, which,

to record, is almost enough to make one's heart ache.

'Well, sir, what do you think the matter is?'

'I don't exactly know. How do you feel?'

The patient readily informs him that he is troubled with a pain in his right or left side, feels extremely weak, and is very costive.

'How is your appetite,' inquires the doctor.

The patient readily informs him it is very good.

'Well, sir, I will tell you what I think the matter is. You are rather worn down with hard work; intense thinking, or some over exertion, has brought you where you now are; but I can give you something which will get you about again directly, if you will follow my directions.

The patient answers,—'I am willing to try anything which you think may help me.'

The poor man goes on, following closely the directions of his prescriber, for one, two or three weeks, and perhaps months, at the end of which time he feels no better. He informs his adviser of his thoughts.

'I am astonished,' says the doctor, 'if you will continue to follow my directions, a short time longer, I will make a well person of you.'

'No, sir, I think your medicine does me no good. I am willing to pay you for what you have done, and I want the privilege of trying some other person.'

Here the scientific man, finding his labors at a close, presents his bill, which perhaps amounts

to twenty-five dollars! The poor man pays for this lesson with regret and sorrow. His health is worse, his money is gone, and he is still in ignorance. He has learned nothing; what has been done to him he does not know, but this lesson is not sufficient to bring him to his reason. The thought remains still in his breast, that he can do nothing for himself. This is a lesson that was early taught him, and is hard to be forgotten. He perhaps now hears of a physician who lives at a great distance, who is very skilful in such complaints. Without even a solitary trial on himself, he prepares for his anxious journey, with a tearful eye. He now takes leave of his family, with those heart-rending pangs, that a person of feeling must experience. Till at last, allured by the pleasing thought that he is on the road to health, which his fancy paints to him in colors so bright that nothing can fade them, he arrives at the stately mansion, and makes known his business. He is informed that he is in a bad situation, and has been badly dealt with.

‘What course have you pursued,’ inquires the doctor.

The man tells as near as he can.

‘Well, sir, I wonder you are alive. The course you have pursued was entirely wrong. You have taken medicine enough to kill you. You do n’t need but a little medicine, your diet has got to do the cure, or at least the main part of it.’ He goes on, and prescribes accordingly.

‘ Here, sir, I want you to follow these directions three weeks, and then come and see me again.’

Reader, I will not attempt to describe here all that would naturally occur through this long and dreary course. Suffice it to say, that after following close the directions of this great oracle of Epidaurus, for a long time, the man grows still worse. His countenance, his gait and complexion, all announce it to him in language not to be mistaken, for disease is a cloak you cannot carry unseen.

Thousands have run the gauntlet in this manner, and followed close the directions of all remedies which doctors are in the habit of prescribing, commencing with vermifuges, mercurial and mineral purges, next change of air, from cold to hot, country amusement and exercise, followed up by all sorts of nostrums, change of climate from cold to hot all to no purpose, only to rob the poor sufferer of his money.—Next comes diet in coarse shape.

Here, kind reader, I want you to bear in mind that the man is only worn down with hard work. Close application to study, or a long train of over exertions, in some shape or other, was all that ailed the man, in the first beginning of his trouble, which a very little attention paid to himself, would have corrected. I shall not here attempt to describe what thousands have suffered while laboring under the above complaints, for imagination will depict what language cannot express.

It is thought that a person who feels most in-

different towards an object, is in the best situation to form a true estimate of its value. I differ in sentiment with those who hold this argument. We must feel interested in an object, either directly or indirectly, in order to call forth our attention towards it. If we feel indifferent towards an object, we pay little or no attention to it, and of course are ignorant respecting it. A person who has no principle of humanity or compassion, may hear of the exercise of cruelty. It is a report which finds no place in his feelings; he is indifferent as to its existence. Thus we readily see that such a person would be incompetent to judge concerning the merits of the report. Kind reader, having a mind of sensibility, I trust these matters will have their due operation on your feelings; and, under these considerations, I wish to make one remark, which it is hard for me to pass over without an explanation. Who of you, my dear friends, are so destitute of reason that if you had a horse that was worn down by constant labor and hard driving, that you would not know better than to give him, as often as two or three times in a week, heavy doses of poisonous and powerful cathartics, and restrict him to a rye straw and brand diet, with but very little drink. You would readily see this treatment would kill your faithful animal. No doubt you set considerable by him, but do you not set more by your own life? Why then suffer that to be done to yourself which you can easily see would destroy your faithful beast.

It is an old saying, such a person is destitute of reason. Here again I differ with those who make use of this language. The person is not destitute of reason, but his reason has been blindfolded ever since he was born, and thus it is that he is not aware of it. If a person would use all their exertions to shake off the garb that had shielded their reason, instead of running the gauntlet, they would not only find themselves the gainers by such exertions, but would likewise discover the futility of the treatment which they had been taught to revere. Every man can in these cases be his own physician. He can prescribe for and practice on himself at a better advantage than any one can do it for him. When he is in health he trusts no one to tell him what he shall eat or drink, nor at what hour he wants it, or how it sets on his stomach. All this he knows without the advice of any one. What, then, I ask, in the name of reason, hinders a person from knowing this, when he is attacked with any of the before-mentioned disorders. The minute disease takes hold, his reason stands behind the curtain and will guide him no further. He now is a fit subject to be advised by any one. Whatever he is told by his advisers that he must eat or drink, has to be used, although perhaps it is something he never tasted before in his life, and would not agree with him when in health. Thus he is duped and shifted from one thing to another, like the old man in the fable, and will be likely to succeed as he did, so long as he de-

pend upon others to tell him what he should know for himself.

A person that has any reason, which is not bound up in prejudice, must know that bran bread is bad for a person who is costive, which is generally the case with the dyspeptic. But this is the diet usually prescribed in such cases.

I never knew a person to grow fat by starving, nor live any longer for stuffing, but whatever it takes to support our nature, that nature ought to have for its support; and that kind of food which is the easiest digested, and the most nourishing, prepared in such a manner as to need the least physic, must of course be the best for all the above disorders; and for drink, use poplar bark steeped in water, or a tea made of the herbs of snakeshead or bitter root, or some other physicing herb, to keep the bowels loose, without the expense of using poisonous cathartics; and eat such food as will set the best on your stomach. If one kind don't set well, try another; and by so doing you will find that which will suit you the best, and then be sure not to alter it, on any account, until you have sufficiently recovered to eat any kind of food; which result you will undoubtedly arrive at, after first making up your mind to prescribe for and practice on yourself.

The nefarious practice of starving a person to cure such disorders, is like the story of an old man who was disturbed by the sound of a cricket in his chimney, and for the sake of killing the cricket tore down the chimney.

NEW IDEAS,

IN REGARD TO A PERSON EVER MELTING IN
HOT WEATHER.

How often do we hear it remarked, even by the learned doctors, that such a person has melted himself. Now this idea is entirely irrational and unfounded. It would be nearer the truth if he should say that such a one had cooled himself. This I will endeavor to prove to any reasonable man's satisfaction, in as concise a manner as possible, or any one who doubts the fact, may prove it on himself, by observing the situation he is in, when, as it is termed, he is 'almost melted.' Any of you, my kind readers, will find, by placing your hand on your bowels at the time you sweat profusely, and as you would call it are about melted to death, that your stomach and bowels are as cold as marble. Now if you was melting, would this be the case? No. But this is not enough, perhaps, to satisfy you on the subject. I will, therefore, mention one thing more as a proof of what has been stated. If a person is in danger of being melted, he certainly ought to have nothing of a warming nature given him, for that would only increase his danger. Cool drink would be more safe for a patient in in such a case. You have doubtless seen those persons who were melted, as it is called, to such

a degree as to cause the sweat to dry up and a total coldness pervade the whole system. This coldness on the surface could never be produced in hot weather, by any other means than by a lack of inward heat, for so long as there is fire in a stove, sufficient to melt down the oven bottom, it is impossible for the outside of it to feel cold; but when the fire is all extinguished, a total coldness must pervade. So it is when a person becomes cold in hot weather. The heat is all gone from his internal parts, and all the way you can raise him, is to administer something of a hot and stimulating nature; and thus you raise the heat again, until you warm his stomach and bowels sufficient to cause the sweat to start profusely, and you will readily find the man is not melted. The cause of all this difficulty arose from too free a perspiration, and by drinking cold water. The heat and steam went from him by perspiration and otherwise, so fast, that nature could not support an internal warmth sufficient for the maintenance of life; and this is the case when a person dies by drinking cold water. It drives out the inward heat; but if he takes a swallow of something of a warming nature, before taking the cold draught, so as to guard the stomach, there will be no bad effects, unless he drinks enough to overpower the inward heat. This is the reason ginger and water is better than clear water. It helps to keep up an equilibrium of heat through the system. You will all readily see that such warm and

stimulating treatment could never be needed where a person was in danger of melting.

It is strange that any man who has studied every language, and spent his whole life in finding out the cause of diseases, should labor under such a mistake, as to say a person is melted, when in fact, his bowels are as cold as marble, and his own management on the person is sufficient to prove the error, for he is sure to administer warm and stimulating medicine in all such cases, or else lose his patient. Now this treatment would be as far from right as the east is from the west, if there was heat enough in the bowels to cause melting, for if you have your fire-place so hot as to cause every thing to melt around it, you certainly would be doing wrong to throw any thing into it which would assist the heat or cause it to burn with double fury.

I have said more, perhaps, on the subject than was really necessary, and more than I should have said, had I not been aware that where truth has to meet falsehood, prejudice and deception, in the open field, it needs to be well equipped.

Some may deem it almost impiety that any one should come forward and offer opinions so contrary to those of our most learned men. A man may be brought up at a college, and spend his whole life in studying, and if he has no natural capacity of his own, he will fall far below those which nature and experience have taught. Strange it is that the human mind should remain

so long ignorant of truths which would be of the highest importance to all mankind; but prejudice is a hard thing to combat.

I am aware of the many inconveniences which a person has to labor under, who has not been tutored in the halls of refined art, and should probably shrink from the arduous task which I have undertaken, had I not known that a man's abilities are not to be measured by the cloth which he wears, or the honorable occupation he follows, or from the acquisitions he has made in literature by means of schools and books.

There have been men, from the earliest ages of the world, blessed with the sublimer powers of genius who could, as it were, with one comprehensive view, grasp the whole circle of science, and leave learning and art to follow after them in vain. 'Thus we readily see that a man never can be great without intellect, nor can he ever more than answer the end for which he was intended.

Amid great discoveries and improvements, nature's medicine has been too much neglected. There is a large field for improvement, and health is an object of great importance, and I am thoroughly satisfied that every one who will examine the subject with impartiality, will readily discover the utility and superior excellence of vegetable medicine over all other, for it is not only safer, but more congenial to our nature.

ON THE NATURE AND CAUSE OF DISEASES.

As there never was, and never will be, a disease without a cause, it should be our first study to find out that cause, and mitigate it as much as possible, for it must be universally allowed that a preventive in all cases, is better than a cure. Therefore whatever light is thrown upon the cause, is doing more towards the total annihilation of disorders than physical skill can do by patching the diseases, without making even a solitary trial to find out the cause. We often hear it remarked by aged people that when they were young it was a rare thing to hear of a person's having a fever, and more especially any of those chronic diseases which at the present day are so common among us.

The reasons we generally hear ascribed for this great change of health, is that the country has been cleared up and more inhabitants having settled in it, a change of climate has been produced, and that change is what makes people unhealthy. I do n't pretend to say but what this statement carries along with it a small glimmering of truth, for the more unhealthy people there are in the world, the more unhealthy the climate must be, but the change of climate is not the original cause of all or any part of this difficulty.

I will endeavor to find another, and, I trust, a more rational cause than the one before men-

tioned, and that is, that our mode of living and the treatment we give ourselves, is the original cause of the great change which has been produced, both in regard to our health and the health of the climate in which we live. In the first place, our diet is altogether different. Nothing can be made too rich for our palates, and thus, by stuffing and stimulating our digestive organs, we bring on a train of nervous disorders, which were little known when the climate was considered healthy. In the next place, we suffer ourselves to be exposed to sudden changes from hot to cold, which the people of former times considered unhealthy. It is impossible for the climate to effect so sudden, and so unhealthy a change on the system of a person, as is produced by leaving a tight room—where there is a stove, and perhaps steam from boiling water, and a confined dead air—and going out when the weather is cold enough to make ice in a moment. But this is so fashionable a change, that it is hardly considered possible for it to be unhealthy. I will suppose a place where people are obliged to pass, in going from one country to another, where there is a sudden change of air, but half as great as the one above mentioned. Even our most robust men would think it more than their constitution was able to bear, to go through with so sudden a change. It would be thought imprudent for any person to risk his health in so dangerous a spot, if it was possible for him to avoid it, but fashion wears so thick a veil that it will blindfold reason entirely. For if a person

should be taken suddenly ill, after passing this dangerous place, every one would at once ascribe the cause of it to the sudden change of air, which he had so lately met with, but if a person happens to be ill after leaving a room hot enough to melt him, and exposing himself to the most severe cold, no one knows the cause. We are all at our wit's end. What could be the cause of this difficulty, we cannot tell, and finally content ourselves by saying that it was the dispensation of Providence which caused it, or else ascribe it to an unhealthy climate, but that all-wise Being, who orders all things, has so constructed us that we are able to bear both heat and cold, without experiencing any inconvenience from either, for the changes of seasons are so exact in their order, and so gradual, from hot to cold, and cold to hot, that the change is wrought with us so by degrees, that we can bear it without any serious injury. Therefore the difficulty must certainly arise from our effecting changes so contrary to the order of nature.

The very course, taught at the present day for the preservation of our health, is in fact the most unhealthy course we can pursue.

The reader will, without doubt, remember hearing the general remark made by those who live in houses which are kept as hot as an oven, that some of the family are sick almost the whole time, and the rest of them are troubled with a bad cold, and wonder how it can possibly be so, when, say they, there is such a neighbor, that lives in an old cold house, and the children go

half naked, and there never is anything the matter with any of the family. They do n't stop to consider which one comes the nearest the dictates of nature. Those who live in the cold house have an even temperature of air, for it is always cold, and when they leave the house, and go out into the open air, the change is but small compared with what those undergo who leave a room with the temperature above blood heat. This is one great reason why people are not so healthy as they were when the country was first settled.

One other reason which I have mentioned, is owing to our diet. Half of the diseases, which we daily hear of, the doctors will tell us is owing to a deranged state of the stomach, but leave us to guess at the cause of this derangement, but I will endeavor to show you, in as plain a manner as possible, the cause, and let each one remedy it for himself. It is caused in the same manner as derangement in the head is caused by having too many kinds of study mingled together. The head gets so confused and deranged, by such a complication of studies that it cannot form a correct idea of any of them, and consequently if the study is not abated, the derangement will grow worse and worse, until the mind is totally incapable of making any progress, even with the easiest study. I contend, that mixing all sorts of food together in the stomach, is the true cause of its getting deranged. It cannot be otherwise, for here perhaps twenty kinds of food are taken into the stomach, all of them possessing different

properties, and of course have a different effect on the system. I know of no reason why any one kind of food should not be taken into the stomach, which sets perfectly easy on it, and is well digested. We are told by physicians at the present day, that meat of any kind is bad, and will make people unhealthy. It is strange this was never known until physicians told of it. There are other articles which are made use of with them, the names of which I shall forbear stating, which are far more unhealthy than meat, and will cause the system to be deranged quicker, and when it has become out of order, the mode of correcting it is entirely wrong. If, instead of dosing ourselves off with that which our stomachs dread, after being clogged or deranged, we should eat less for a few days, we should be able to get rid of the difficulty, without the assistance of medicine. This needs no recommendation, only for each one to try the experiment on themselves. I am well convinced that overloading our stomachs is the only cause of that dreadful disorder, called the sick-headache, or any of those other kinds, which thousands are daily troubled with.

If any doubt what has been said on the subject, or have an appetite which cannot be governed, they must learn to bear their suffering without murmuring. A person may think it hard to have good victuals placed before them, and be restricted from eating any of it. They will therefore venture to take a piece of this and a piece of that, and run the risk of what

the consequence may be. Now this is entirely wrong for any person who is subject to severe turns of the headache, and something they can blame no one for but themselves. This I know by experience, for it is a disorder I was troubled with for a series of years, until by severe pain I was led to study into the nature and cause of the difficulty, and found it to arise wholly from gormandizing, and stuffing and stimulating the digestive organs beyond the powers of nature.

We are apt to think that, if we see a person who can eat a pound of pork, and other articles with it, and then finish out his meal with all sorts of pie and cake, and never complain of any uneasiness, and look stout and healthy, we can do so too, or at least be suffered to eat what our stomachs crave. But this will not answer for every one. We all differ in other respects as much as we differ in looks. Some are so constructed as to bear a hearty meal, without any inconvenience at first, but by continually overloading the stomach with all sorts of food, they will sooner or later learn by experience that their carriage would have lasted longer, and needed less repairs, if they had always loaded it with prudence.

Plain and simple diet is what agrees with our natures, and as far as diet is concerned in promoting sound health, we shall be sure to enjoy it, if we never put our digestive powers on a stretch, beyond the bounds of nature. Some will say, 'if I did not eat, I could not work,'

and bring a thousand excuses for stuffing and stimulating themselves to such a degree.

But this argument weighs but a trifle, although, perhaps, a man would do more for a certain length of time by stuffing and stimulating, yet it must certainly be admitted that the greater the team and the load he has on his carriage, the sooner it will need mending, or be forever worn out. It is precisely so with a human being. He may look well for a short time, notwithstanding stuffing and gormandizing, but he will then need repairing, which too often costs all he has earned. Besides he is obliged to drive a miserable carriage, which will frequently be out of order the remainder of his days. It would certainly be a more prudent way of proceeding to stimulate less, and do a little less work; and, consequently, we should need less repairing and wear twice as long; for, unlike a carriage, our constitutions frequently get as badly racked by those who undertake to repair our health as they do by any other cause.

This I call plain language, and I trust it will be viewed as coming from a plain fellow. We want nothing but what can be discovered with the naked eye; for if objects are placed in such obscurity as to need the assistance of a telescope to be viewed, a great part of the world must forever remain ignorant of them, or content themselves with a second-handed representation. If one half of the time and expense which has been laid out in analyzing minerals

and trying to find out the properties of exotic plants had been laid out in studying human nature, and how to remedy diseases by simple vegetable medicine, we should have less reason to complain of an unhealthy climate.

CONCLUSION.

THE writer of this little volume hopes it will not be deemed inconsistent with the nature of of this book to offer a few words by way of advice, to those who are troubled with indigestion, especially when it is a disorder very common among mankind, and one which the writer knows, by dear bought experience, is generally brought on by our own neglect, and therefore it has a just claim upon our attention for a remedy. He will therefore endeavor to explain to the reader what experience has taught him, in as plain and concise a manner as possible.

Any experienced dairy woman can tell you what degree of the thermometer the heat of the milk should be, when the rennet is put in, in order to have it work right and make good cheese. She will also tell you, that if the milk is cold, it will not work at all, or that yeast will not cause bread to rise unless it is kept warm; and this the good lady has learned by experience. So the writer of these instructions, knows by experience, that food cannot

be well digested, when the stomach is cold and inactive; and the warmer it is kept the surer it will be to do its office, to whatever is taken into it. Therefore, in all such cases, a person so troubled, will find it for their interest and health to use considerable cayenne; or our common red peppers will answer a good purpose, or mustard, or any thing of a warming nature, on all the food they eat; and instead of cold water use ginger tea, or any other kind which will assist in keeping up the natural heat of the stomach; for when it is too cold, neither food, or medicine, can have its due effect on the system. This can be easily proved, for where cathartics cannot be made to operate, by any other means, one cup of strong red pepper tea will cause it to produce the desired effect in a very short time, which is sufficient to prove that the stomach being too cold, is the sole cause of food and medicines not having the desired effect on the system.

He who studies nature's laws,
From dear experience wisdom draws;
Nor will his labors be in vain,
But all mankind true knowledge gain.
This is the thought my bosom fires,
The limit of my whole desires.

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